T.G.I.S. (THANK GOODNESS IT'S SHABBAT) TOT SHABBAT

Saturday, Feb. 9, 9 a.m.

Temple Israel, Westport

Experience the joy of Shabbat with your tot (newborn-age 7) in a relaxed, child-friendly setting. Strollers welcome. Info: (203) 227-1293

ROSH HODESH MEETING FOR WOMEN

Monday, Feb. 11, 7:30 p.m.

Congregation Beth El, Norwalk

An informal learning experience where women share, laugh, and learn | RSVP/info: (203) 838-2710 / office@congbethel.org

MARCH 1 – SHABBAT ACROSS AMERICA DINNER

Congregation Beth El will be taking part, along with hundreds of synagogues across the continent in a national Jewish event that will make an ordinary Shabbat even better! This event will be open to the public. For more information about this event call the office at 203-838-2710

SPECIAL EVENTS

ANNUAL TEMPLE ISRAEL BOOK FAIR

Sunday, Feb. 3-Thursday, Feb. 7

Temple Israel, Westport

Info/schedule (203) 227-1293

JEWISH HOME FOR THE ELDERLY SENIOR SERVICES OPEN HOUSE

Wednesday, Feb. 6, 8-11:30 a.m.

JHE Grasmere by the Sea, 1 Post Road, Fairfield

Tour the state-of-the art Adult Day Services and Outpatient Rehabilitation Center. Meet staff, enjoy coffee and pancakes, and learn about the skilled staff and specific activities available. Info: adultday@jhe.org / (203) 365-6470

CHABAD & CAMP GAN ISRAEL ANNUAL GALA

Saturday, Feb. 9, 7:30 p.m.

The Inn at Longshore. 260 Compo Road South, Westport

Honoring Marina Levin Berman & Dr. David Berman, Eleanor & Sean Cronley, Randy Saluck, and our teens, Gaby Baker & Sara Rakin | Info/RSVP: www.chabadofwestport.com / (203) 226-8584

WOMEN'S EDUCATION SYMPOSIUM

Wednesday, Mar. 6, 10 a.m.

Hyatt Regency Greenwich, 1800 East Putnam Ave., Old Greenwich

Featuring keynote speaker Delia Ephron: "The Lion Is In: Friendship, Courage & Love," and breakout sessions. Couvert: $60 by 3/1; $72 at the door; $90/sponsor | RSVP/info: Stacy Kamisar, UJA/Federation/Program Coordinator, stacykamisar@optonline.net / (203) 226-8197

A collaboration of UJA/Federation, UJA/JCC Greenwich, and UJF of Greater Stamford, New Canaan and Darien

FAMILY FUN DAY!

Sunday, Mar. 10

The Conservative Synagogue, 30 Hillspoint Road, Westport

Featuring an amazing bubble show with Jeff Boyer and many other fun activities | Info: TCS Preschool, (203) 454-4673

JEWISH FAMILY SERVICE

Call to confirm meeting times and locations:

Stamford location: 733 Summer St., Suite 602 | (203) 921-4161

Westport location: 431 Post Road East, Suite 11 | (203) 454-499

2Stamford location: 733 Summer St., Suite 602 | (203) 921-4161

Westport location: 431 Post Road East, Suite 11 | (203) 454-4992

˜BEREAVEMENT GROUP FOR WOMEN

Wednesday mornings

Stamford location

Are you a woman searching for a safe haven to explore your thoughts and feelings about grief? JFS can provide a protected environment that provides emotional, physical, and spiritual support. Info: Rosemarie Delia, (203) 921-4161, ext. 123 / rdelia@ctjfs.org

"LIFE TRANSITIONS"

Wednesdays, 1 p.m.

Stamford location

A collaborative effort between JFS's Counseling and Employment & Training departments, this new support group for the unemployed provides a forum to discuss and explore the concerns and issues related to job loss and to find alternative solutions for career satisfaction. Info/registration: Dr. Mitchell Flaum, (203) 921-4161 / mflaum@ctjfs.org

"FINDING YOUR FOCUS"

Wednesday afternoons

Stamford location

Insurance-reimbursable program for children and adolescents diagnosed with ADD/ADHD, and their families. Services include psychiatric evaluation, review of previous evaluations, family assessment, ongoing support, and mediation management. Treatment provided by Lee Combrinck-Graham, M.D. Info/registration: Eve Moskowitz, (203) 921-4161 / emoskowitz@ctjfs.org

"BEFORE THE I DO'S"

Thursdays, 7:30-8:30 p.m.

Westport location

While the romance of the engagement and wedding plans produces happy moments, a couple can sometimes overlook the foundations of marriage. This premarital support group for couples will cover topics like communication, financial challenges, and child-rearing. Facilitator: Melanie Rago | Fee: $10/couple per session | RSVP/info: Melanie Rago, (203) 454-4992 / mrago@ctjfs.org

JFS COUNSELING AT HOME FOR SENIOR

A skilled social worker will help older adults explore the adjustments to living independently, improving social interaction, separation from family members, and emotional issues. Service can be billed to Medicare. Strict confidentiality assured. Info: Eve Moskowitz, emoskowitz@ctjfs.org / (203) 921-4161, ext. 122

DIVORCE

DIVORCE SUPPORT GROUP

Mondays, 7:45-8:45 p.m.

Westport location

For individuals seeking support while experiencing divorce | Fee: $5/person per session | Info/registration: Melanie Rago, (631) 355-1120 / mrago24@gmail.com

PARENT EDUCATION PROGRAM (PEP)

Sunday, Feb. 10, 9 a.m.-4 p.m.

Stamford location

State-required program for divorcing couples with children | Fee: $125/person | Info/registration: Family Centers in Stamford, (203) 324-3167

DIVORCE WITH DIGNITY – AVOID ADVERSARIAL DISSOLUTION

Eve Moskowitz: (203) 454-4992, ext. 122 / emoskowitz@ctjfs.org

FOCUS ON KIDS

JFS is a provider for this statewide program for separated, divorced, or divorcing parents who experience high conflict affecting parenting decisions. Program works with both parents, teaching them strategies that help them communicate in a non-hostile manner, enabling them to make joint parenting decisions that are in the best interests of their child/ren. Coordinated through the Council of Family Service Agencies (CCFSA) | Info: Erika Garcia, (203) 454-4992 (Westport) / (203) 921-4161 (Stamford) / erikag@ctjfs.org

VENUES & CONTACT INFO

NORWALK

BETH ISRAEL OF WESTPORT/NORWALK
40 King St.| (203) 866-0534
www.bethisraelct.org

CONGREGATION BETH EL
109 East Ave., | (203) 838-2710
www.congbethel.org

TEMPLE SHALOM
259 Richards Ave. | (203) 866-0148
www.templeshalomweb.org

WESTPORT

CHABAD OF WESTPORT
79 Newtown Turnpike | (203) 226-8584
www.chabadofwestport.com

TEMPLE ISRAEL
14 Coleytown Road | (203) 227-1293
www.tiwestport.org