

# Insights on Aging

## Calling All Grandparents & Grandfriends!

### COMMUNITY EDUCATION PROGRAM

#### Presenters

Tamar Shames, M.Ed. , Director of Professional Development

Bryna Towb, M.Ed., Assistant Director

REACH Chicago

Please join us for a special interactive program focusing on building trust and connecting with our grandchildren. While this program is geared towards grandparents all are welcome and these techniques can help all relationships! Our speakers will share the **Collaborative Problem Solving (CPS)** approach. CPS is a way to work through challenges by focusing on understanding and solving problems together. Instead of using punishment or rewards, this method encourages calm, respectful conversations. By empathizing with each other, clearly defining the issue, and coming up with solutions as a team, CPS helps create better communication and stronger relationships.



**Friday, May 16, 2025 • 11 am–12:30 pm CT**

**Free, virtual event.**



**CLICK OR SCAN  
HERE TO REGISTER**



or go to [www.cje.net](http://www.cje.net).

After registering, you will receive a confirmation email containing information about joining the Zoom meeting. For more information contact Sharon Dornberg-Lee at [sharon.dornberg-lee@cje.net](mailto:sharon.dornberg-lee@cje.net).

CJE Counseling Services offers a full range of older adult behavioral health services. This includes individual supportive counseling, psychotherapy and support groups, as well as family and caregiver support available in CJE offices or as Telehealth.

**cje SeniorLife**  
Jewish values for positive aging



Since 1972, CJE SeniorLife has been dedicated to helping older adults live better every day connected to the community of their choice with access to trusted care and a full range of services, rooted in Jewish values. We enhance the lives of older adults and their families regardless of religion, sex, race, ethnicity, disability, sexual orientation, gender identity, or national origin.

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CJE SeniorLife® is a partner with the Jewish United Fund in serving our community.

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