



MENTAL HEALTH AWARENESS MONTH PROGRAMS & EVENTS@OJC

Mental Health Shabbat - Saturday, May 11

There's no better time to do this than on Shabbat...

Nurturing & Sustaining Good Mental Health

Creating flow * Building relationships * Developing gratitude * Giving to others

Mindful Morning Services * Havruta Study * Kiddush Lunch & Learn

Programming for children & teens 10:30 - Noon

Darkeinu Classes with Rabbi Scheff

Thursdays, May 16, 23, 30 / 8:00 after minyan

How Jewish tradition has addressed and evolved in the area of mental health

Healing Service with Rabbi Drill and Amichai Margolis

Thursday, May 30 / 6:30 pm

Music, Meditation and Meaningful Prayer



SPECIAL COMMUNITY WIDE EVENT

Sponsored by the

Rockland Board of Rabbis & Rockland Jewish Family Service

Lo Levad - You are NOT ALONE

Wednesday, May 15 / 7:00 – 9:00

Rockland Jewish Community Campus

