

20-Tevet 5780/January 17th, 2020

January 19th and Beyond

Tuesday, January 21st, 7:30pm— Refa'enu's peer-led mood disorder groups meet regularly on the 1st and 3rd Tuesdays of every month, with some exceptions, as noted on the website. Groups meet in the Ben Porat Yosef Building at E. 243 Frisch Ct. in Paramus, NJ. Doors open at 7:10pm. Please make an effort to be on time (by 7:30pm) so as not to disrupt the flow of the groups. Groups are divided between a group for those with a disorder (depression, bipolar) as well as a group for their loved ones. Please check website to confirm meetings: <http://www.refaenu.org>. No reservations are required. For more information, contact: dena@refaenu.org.

Motzei Shabbat, February 1st, 8:30pm— AMIT Great Teaneck Hindy Weinstock Geula Chapter invites you to Monte Carlo Night at the home of Annie & Yale Baron in Teaneck. For more information and to make a reservation, go to www.amitchildren.org/TeaneckMonteCarlo or contact Robbie Fried at RobbieF@amitchildren.org.

Sunday, February 2nd, 9:30am-12:30pm— Ma'ayanot Yeshiva High School for Girls presents the 11th Annual Day of Big Ideas, Keynote address by Mrs. Esther Slomnicki, teacher of Biology and Anatomy, on the topic of "Knowledge and Privacy in Conflict: DNA Testing," followed by breakout sessions with Ma'ayanot faculty. Men and women are invited to attend.

Monday February 3rd, 10th, 17th and 24th, 9-10pm—NCSY presents Practical Parenting: Foundations and Applications led by Rabbi Alex Mondrow. Join us for a four-part workshop on practical parenting. Each class will build on the previous one as we develop and apply fundamental and indispensable principles of thoughtful parenting. Topics will include: Modeling, Parent-child relationship, Empathy, and Play and Discipline. Each class will leave you with new applications of foundational ideas and the guidance and challenge to apply them in your own home. Located at Congregation Ohr HaTorah, 36 Rector Court, Bergenfield. For more information, go to newjersey.ncsy.org/parenting.

Motzei Shabbat, February 8th— The Frisch School's Annual Dinner will take place, honoring Ilana and Stuart Goldberg, Allison Adler, Ben Breda '99 and Barbara Kessler. Reservations and more information at www.frischdinner.com.

Sunday, February 9th, 9am-5:30pm— Youth Mental Health First Aid (YMHFA) training course, to be hosted by Refa'enu. The course will teach how to identify, understand and respond to signs of mental illnesses and substance use disorders, and will offer skills needed to provide initial help and support to youths who may be developing a mental health or substance use problem or experiencing a crisis (e.g. suicidality, psychosis, overdose, panic attacks). The event is located at Congregation Shaare Tefillah, 510 Claremont Avenue, Teaneck, NJ 07666. Parents, educators, youth program directors, clergy and anyone who works with or interacts with youths ages 12-18 are invited to attend. RSVP by January 31st. The class is limited to 25 participants, so make sure to sign up ASAP to reserve your spot! Sign up at <http://refaenu.org/mhfa>.

Sunday, February 9th, 5:30pm— Project Ezra is pleased to once again be offering "The Aisle," a very important seminar to young couples in Bergen County. This seminar will take place at Congregation Beth Abraham. The goal is to educate newlyweds and engaged couples on the importance of talking about money and providing them with the tools to work together on a path toward a financially healthy lifestyle. There is no charge for this event and dinner is included. To RSVP for The Aisle, please email Theaisle@ezrah.org. Looking forward to seeing you there.

Save The Date—Bret Stephens in West Orange

Sunday, February Feb. 23rd, 7pm—Congregation AABJ&D in West Orange, 700 Pleasant Valley Way, NJ will host an evening with Pulitzer Prize winner Bret Stephens.

His topic: "On the U.S. and Israel: Reflections and Predictions."

The evening is made possible by the Ira and Doris Kukin Adult Education Fund. For additional sponsorship opportunities please contact: Gregory.Zuckerman@WSJ.com

Bret joined The New York Times as an Op-Ed columnist in April 2017. His column appears Thursday and Saturday. He came to The Times after a long career with The Wall Street Journal, where he was deputy editorial page editor and, for 11 years, a foreign affairs columnist. Before that, Bret was editor in chief of The Jerusalem Post. At The Post he oversaw the paper's news, editorial and digital operations and its international editions, and also wrote a weekly column.

Bret is the author of "America in Retreat: The New Isolationism and the Coming Global Disorder," released in November 2014. He is the recipient of numerous awards and distinctions, including two honorary doctorates and the 2013 Pulitzer Prize for commentary. He was raised in Mexico City and holds a B.A. from the University of Chicago and an MSc. from the London School of Economics.

March 2020— High school students are welcome to join Team OneFamily run in the Jerusalem Marathon. For more information, please email Naomi@OneFamilyFund.org. Teen minyan leaders are welcome to reach out for launch party ideas/curriculum and training sessions.