



TEMPLE BETH HILLEL - BETH EL PRESENTS  
A VERY SPECIAL WORKSHOP



# EVIDENCE-BASED STRATEGIES FOR COPING DURING THESE UNPRECEDENTED TIMES

**SPEAKER, FRANCINE R. BRODER, PSYD**

LICENSED PSYCHOLOGIST AT THE BECK INSTITUTE

Established by TBHBE congregants Dr. Beck, the founder of Cognitive Therapy, and his daughter Dr. Judith Beck.



**WEDNESDAY OCTOBER 28 | 7:30PM - 8:15PM | ZOOM | FREE**

All TBH-BE members and friends are invited! Sponsored by our L'Chaim group  
Chaired by Jackie Goldstone and Estelle Benson

Managing stress during these unprecedented times is challenging. Just when we were starting to figure out how to live within the confines of the pandemic, we have a presidential election coming up with very high stakes. Instead of primarily focusing on reducing stress, we can aspire to promote and maintain well-being. With empathy and good humor Dr. Broder will present and discuss evidence-based guidance in recognizing and modifying our own unhelpful thinking, taking valued action, and increasing self-care. This 45-minute webinar will include tips and tools for self-reflection and well-being. There will be approximately 30 minutes for a power point presentation and 15 minutes for Q&A.

Let's "Share" dinner by preparing a recipe by Ruth Maltzman Z'l.

Delicious (easy) Sweet Chicken

- 1 Jar apricot preserve
- 1 pkg dry onion soup mix
- 1 bottle Russian dressing
- chicken parts

Combine all ingredients and pour over chicken. Bake at 300 until chicken is tender. Enjoy!

Why not share one of your favorite recipes for our next "dinner zoom" Send it to [jackie.goldstone@comcast.net](mailto:jackie.goldstone@comcast.net)

Francine Broder, PsyD, is a licensed clinical psychologist at the Beck Institute, providing psychotherapy to adults and older adolescents from all backgrounds. In addition to her clinical work, Dr. Broder gives workshops on a range of topics related to the practice of cognitive behavior therapy and supervises other cognitive therapists. Dr. Broder earned her doctorate in clinical psychology from the Philadelphia College of Osteopathic Medicine where she was the recipient of the award for advocacy, Leadership and Service.

Dr. Broder completed her pre-doctoral internship at the Philadelphia Veterans Affairs Medical Center and a post-doctoral residency at the Beck Institute. Dr. Broder is a wise and thoughtful speaker, and attendees at her workshops and talks remark on her warmth and kindness.

RSVP ONLINE OR TO HALLIE CHANDLER, [HCHANDLER@TBHBE.ORG](mailto:HCHANDLER@TBHBE.ORG)