

ETZ CHAIM HEALTHY COMMUNITY DAY

THE FUTURE IS NOW: CONNECTION & COMPASSION IN TIMES OF CHANGE SUNDAY, OCTOBER 28, 2018

WHAT CAN WE DO TO TAKE CARE OF OURSELVES, OUR FAMILIES, AND OUR COMMUNITY?
REGISTER TODAY AND JOIN US FOR DISCUSSION, EDUCATION, AND CONNECTION!

FOR PARENTS:

10:45-11:45 A Torah View of Scandalous Topics with Rabbi Cosnowsky (6th-9th grade)

10:45-11:45 Creating Harmony at Home: Values, Communication and Expectations
Dawn Levin, Jewish Child & Family Services (K-5th grade)

FOR YOUTH GROUPS:

11:45 Pizza Lunch for JYG & SYG

12:00-1:30 **Senior Youth Group (9th -12th grade):**

Him/Her/Them/Us: What real relationships look like

Figuring out relationships is hard – they make it look so easy on TV! This program is designed to help high school identify the difference between healthy and unhealthy relationships, by doing activities, and filling out questionnaires to learn about their own relationship style.

12:00-1:30 **Junior Youth Group (6th – 8th grade):**

Middle Schoolers Making a Difference

You're never too young to make a difference in the world around you. This social activism workshop teaches tweens to consider not only the causes of social issues, but will engage them to create new ways to respond in ways that can create long-term change, starting today!

FOR ALL ADULTS

1:00-2:30 Participants will choose one session

- Soul-ful Soul Food – connecting in the kitchen: join us to engage your minds, hearts, and hands while baking for a local children's organization
- Making the Mind Matter – Who has time to deal with stress? Come learn practical skills to make mindfulness and meditation part of your everyday life!
- Coping and Readjusting to Life Transitions: What tools will work for you to find steadiness when dealing with significant change? Join in this workshop that will address major life changes, and find the tools that work for you!
- Beyond War and Woodstock – program for the 55+ crowd – how do your health concerns and medications interact with your day-to-day life? Join Nina Henry, LCPC, in this interactive conversation about living your best life as you age.

FOR ALL AGES:

2:45 – 3:30 LAUGHING OUT LOUD: how to cope during times of change using hope, humor, and humility

To register, or for more information, contact

Dawn Levin, JCFS Liaison at dawnlevin@jcfs.org or 847.745.5450



JCFS is a partner with the Jewish United Fund in serving our community.



Redefine What's Possible.