Can we talk about Mental Health and Self-Care??

We are!

NEFESH and partners will arrange mental health professionals to speak at your shul on a topic of your choice during Shabbos. We will work collaboratively with each interested shul to choose the topics and prepare the discussion.

Participating Organizations:

Coping with Anxiety
Striking a Healthy Work-Life Balance
Helping Every Child Succeed
Mental Health: It’s Just as Important as Physical Health

For more information: NEFESHCares@nefesh.org or 201.384.0048

To register: https://nefesh.org/weAre.php