



*NEFESH International
and Partners Announce*

A Shabbos of Mental Health Awareness

**NOVEMBER 17-18, 2023
SHABBOS PARSHAS TOLDOS**



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:

In formation:



Suggested Topics:

- 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>