



Talking to G-d, Finding Your Voice

A workshop for parents of teens and young adults who are struggling through the challenges of growing up in today's world

**Thursday, May 10
7 p.m.**

**JCC of Central NJ
1391 Martine Ave.
Scotch Plains**

In the hit Broadway show *Dear Evan Hansen*, two mothers ask in the first scene, “Does anybody have a map?” The mothers are struggling with how to help their children face anxiety, depression, and addiction. Many of us can relate.

In this session, we will explore how building a relationship with G-d can help us find our own inner resilience. The goal is to build a supportive, sacred, and safe community where we develop the strength to support ourselves and our children through challenging times.

Lisa Lisser will facilitate the program. A long-time leader in the Greater MetroWest Jewish community, Lisa is a lawyer by training and a mom of three young adults. She has a Masters of Religious Education from the Hebrew Union College, Jewish Institute of Religion in New York. She trained as a spiritual counselor and Jewish educator at Beit T’Shuvah, the first Jewish faith-based residential addiction recovery facility in the United States located in Los Angeles, and at Immerse NYC, the first community mikveh in New York City.

For more information and to RSVP contact Rebecca Wanatick at rwanatick@jfedgmw.org or (973) 929-3129.

Building an inclusive community is a priority. Contact us and we will make every effort to meet your needs.

