

WOMEN OF WISDOM



EDUCATION SERIES

3 morning sessions, 1 evening session

SPACE IS LIMITED! REGISTER EARLY!

SESSION I

Mindful Self-Compassion: The Gift of Kindness

Tuesday, January 21 • 7 – 9 p.m.

We lead stressful lives. We care for others, work in and out of the home, support our communities, and more. We are entitled to self-compassion—treating ourselves with the same kindness we extend to others when they face challenges. Come hear psychotherapist **Beth Sandweiss**, who consults on mindfulness programs for **Jewish Family Service of MetroWest**, in addition to teaching college students and mentoring patients and health care professionals at **Memorial Sloan Kettering**. Her lessons focus on practicing self-compassion, enhancing your capacity for joy, and developing greater awareness, wisdom, and resilience.

SESSION II

The Moral Compass of Jewish Motherhood: Boundaries and Guidance

Friday, February 28 • 10 a.m. – noon

We strive both to support our children and to respect their boundaries, no matter their ages. But where does guidance end and independence begin? Sometimes, the struggle brings with it a moral component, with questions including how much is *too much* and when to “let them fail to succeed?” **Donna Ellenbogen**, a family therapist and founder of **Family Wellness Solutions**, and **Cantor Meredith Greenberg** of **Temple Ner Tamid** offer insights into how both Jewish tradition and modern family therapy help us keep our moral compasses pointed in the right direction.

SESSION III

#MeToo for Us All: The Jewish Community Response

Tuesday, March 24 • 10 a.m. – noon

The headlines are no longer flooded with #MeToo-movement stories of celebrities as either perpetrators or survivors of sexual harassment, but that doesn't mean the problem has disappeared. Hear from **Helen Archontou**, CEO of **YWCA Northern New Jersey** and founder of the **Time is Now Action Coalition**, who will lead a discussion on how women, both in and out of the workplace, deal with these issues and how they are asserting their rights. We will also offer updates on how **our** Jewish community has responded to complaints and worked proactively to prevent sexual harassment and educate the community.

SESSION IV

Anti-Semitism: Reality, Reaction, Response

Wednesday, April 22 • 10 a.m. – noon

The facts are alarming. Anti-Semitism is rising rapidly. According to the ADL, the American Jewish community experienced near-historic numbers of anti-Semitic incidents in 2018. What can we learn from this data about how we, as individuals, can address the problem? We will hear from **Evan Bernstein**, New York/New Jersey regional director at the **Anti-Defamation League**, **Linda Scherzer**, director of CRC of our **Jewish Federation**, and community leader **Rabbi Howard Tilman** of **Congregation Beth Israel** about what's happening here in New Jersey and nationally, on college campuses, and around the world—and the best ways to respond productively.

Details:

Couvert: \$54 series; \$18 per session

Light breakfast served at the morning sessions, coffee and dessert served at the evening session. Kosher dietary laws will be observed.

All sessions will be held in private homes in the Greater MetroWest area. Specific locations will be provided prior to each session.

Registration is required

www.jfedgmw.org/wow

Questions? Contact Claudia Lukac at (973) 929-3057 or clukac@jfedgmw.org

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