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Margie Bogdanow, LICSW, is an educator, coach, and consultant based in the Greater Boston area. Her professional work focuses on impacting adults to make a difference in the lives of young people. Among other projects, she currently serves as a senior consultant at Combined Jewish Philanthropies of Greater Boston. In addition, she is the Wellness Coordinator for the Teen Education and Engagement Funder Collaborative, facilitating a national community of Practice of Youth Mental Health First Aid Instructors. She is on the Parenting Through a Jewish Lens faculty at Hebrew College and was a co-creator of the Grandparenting Through a Jewish Lens and Parenting Teens Through a Jewish Lens curriculum. Previously, she served as co-founder and executive director of Parenting Resource Associates in Lexington, associate director of the Early Childhood Institute at Hebrew College, and a variety of other professional and volunteer positions in the community.

Below is a sample of programs that Margie can facilitate. Understanding that every community is unique she is always happy to work with you to tailor a program to your individual population. Each program can accommodate up to 20 people and is 1 hour and 30 minutes in length. The fee is \$400.

1) Never Underestimate the Power of a Jewish Grandmother (or Grandfather)

Grandparents play a unique role in the lives of their grandchildren, a role that builds resilience and strength for both the grandparents and the grandchild. Together, let's explore how, even in a time of distance, we can develop relationships, create family memories, and develop new family rituals.

2) Hope – the Most Powerful 4-letter Word

Judaism is a religion of Hope. From the moment that Abraham headed out from his home to a new land, hope has permeated our religion. Hope for the future is what enables us to thrive in challenging times. Together we can find ways to feel hopeful and things to look forward to even during the darkest of days.

3) Post Traumatic Growth: Moving Forward After 2020

Psychology has often used the words Post Traumatic Stress as a way of explaining what can happen to us after traumatic experiences. However, there is also the Post Traumatic Growth approach. We are all, individually and collectively, living through a major trauma during these difficult and challenging times. How might we take the lessons we are learning and turn them into something positive? How do we emerge from this phase into a new, even better reality? How do we hold on to the "silver linings" of the pandemic as we look toward reclaiming some of our past lives?

4) Timeless Wisdom from our Ancestors to Help in Present Times

There is wisdom in those that came before us. Together, we will explore some simple, yet powerful ancient (and more modern) texts that relate to mental health and find ways that they can help us thrive in the year 5781.

5) Being A Caring Adult to the Young People in Your Life

In order to thrive, young people need adults in a variety of roles who understand child development and are able to support them as they grow and change. In this session we address the needs of young people and explore concrete steps we can each take to support the young people in our lives. This program can be tailored to focus on specific ages and stages.