

Mental Health Awareness

Out of the Darkness... Into the Light.

MARCH 7 - 11, 2018

JOIN US AS OUR ENTIRE COMMUNITY COMES TOGETHER TO LEARN ABOUT STRENGTHENING MENTAL HEALTH AND SUPPORTING THOSE IN OUR COMMUNITY WHO STRUGGLE WITH MENTAL ILLNESS.

WEDNESDAY NIGHT

Teen Program & Dinner with
The Response Center
6:15 - 8:30 PM | TEMPLE SHOLOM

SHABBAT AFTERNOON

Post Kiddush Discussion with
Rabbi Mychal Springer:
"Prayer as a Resource for Wellbeing"
1:15 PM | ANSHE EMET

FRIDAY NIGHT

**Service & Potluck Dinner featuring
Miriam Ament of No Shame on U:**
*"Embracing All of Ourselves: Raising Awareness
about Mental Health"*
6:30 PM | MISHKAN CHICAGO
Located at Second Unitarian Church

Shiur/Text Study with
Rabbi David Rosenberg:
*"Seeking the Good in Others
and in Ourselves"*
4:35 PM | ANSHE SHOLOM

**Family-Friendly Shabbat Dinner &
Services with a special story by
Rabbi Edwin Goldberg**
RSVP required.
5:30 PM | TEMPLE SHOLOM

SUNDAY MORNING

Workshop with Rabbi Mychal Springer:
*"How Do I Know If Something's Wrong?:
Cultivating Empathic Listening"*
10:15-11:45 AM | EMANUEL CONGREGATION

Share Shabbat Service & Dinner
RSVP required
6:30 PM | EMANUEL CONGREGATION

SHABBAT MORNING

**Special D'var Torah by
Rabbi Mychal Springer of JTS:**
*"The Promise of a New Heart
and a New Spirit"*
9:30 AM | ANSHE EMET

**Special D'var Torah by
Rabbi David Rosenberg of JCFS:**
"Mental health: We're in it Together"
9:30 AM | ANSHE SHOLOM

For more information,
or to RSVP for a dinner, please visit:
WWW.MENTALHEALTHWEEKEND.INFO