The session will provide practical tips and awareness for young couples during the current crisis:

- Help recognizing self-stress
- Helping spouses who are experiencing anxiety
- Practical tips for spending a lot of time together - balancing the need to relate with the need for personal space
- Practical suggestions for communication and understanding
- Making pre-Pesach/Pesach stress survivable and thrive-able

Presenter:

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Rav, Congregation Adath Israel of the JEC, Elizabeth/Hillside, NJ
Clinical Director, Center for Anxiety Relief, Union, NJ

SUNDAY EVENING, MARCH 29, 9:00 PM
https://uojca.zoom.us/j/757199971

Email questions to Rebbetzin Judi Steinig, steinigj@ou.org