ALONE TOGETHER: PART II

EMERGING FROM AND RETURNING TO THE CAVE:
Chol Hamoed & last days survival and renewal for young couples and families

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

- To help young couples/young families reflect on the isolation of the first days of Pesach and build on the experience in a positive way
- To identify what "worked" and what "could be worked on" to enhance the remainder of the Chag and the isolation
- To work on constructive communication and shared experience as a means to move our relationships forward
- To generate and offer some tips for Chol HaMoed and for the last days of the Chag in order to make these experiences fulfilling both personally and spiritually.

Presenter:
RABBI JONATHAN SCHWARTZ, PsyD
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Clinical Director, Center for Anxiety Relief, Union, NJ

SUNDAY EVENING, APRIL 12, 9:00 PM

Please register at oucommunity.org

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