

# SHALOM RAV:

A day of support, reflection, community, hope and peace for the bereaved

Join others bereaved in the community for a day filled with healing activities including art, mindfulness, music, poetry, Jewish study, contemplation and more.

Participants will be offered group support, a choice of activities and an opportunity to connect to others in the community.

Open to the adult bereaved.

**Date:** Sunday, November 6, 2016

**Time:** 9am-4 pm

**Place:** Techny Towers Conference and Retreat Center  
2001 Waukegan Rd., Northbrook

**Fee:** \$30 for the day (includes Kosher lunch)

**Register:** [http://JCFS.formstack.com/forms/jhnc\\_registration](http://JCFS.formstack.com/forms/jhnc_registration)

**Questions:** Elizabeth Siegel Cohen | [ElizabethCohen@jcfs.org](mailto:ElizabethCohen@jcfs.org)

For access to help, call 855.ASK.JCFS (855.275.5237), email [ask@jcfs.org](mailto:ask@jcfs.org) or visit [jcfs.org](http://jcfs.org).

