

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

Questions: Elizabeth Siegel Cohen | ElizabethCohen@jcfs.org

For access to help, call 855.ASK.JCFS (855.275.5237), email ask@jcfs.org or visit jcfs.org.

