



HIGHLAND PARK
CONSERVATIVE TEMPLE
Congregation Anshe Emeth

The Sisterhood of
Highland Park Conservative Temple - Congregation Anshe Emeth
presents

“Yes, it Happens in the Jewish Community, Too” Providing Help, Hope & Support An Informative 3 Part Workshop Series

Join us to gain awareness and a better understanding of how to cope with life's challenges. We will explore the topics of ADHD/Learning Disabilities, Behavioral Health/Mental Illness and Substance Abuse/Addiction. Each workshop will offer a Jewish perspective and feature an expert speaker. We will learn to confront these challenges and replace the stigma with knowledge, coping strategies and resources.

Workshop #1:

Coping with ADHD & Learning Disabilities

Monday, January 14, 2019 in Tabak Hall at 7:00 P.M.

Presenter: Audrey Mars, M.D. - Neurodevelopmental Pediatrician

Workshop #2

Coping with Mental Illness

Monday, February 4, 2019 in Tabak Hall at 8:00 P.M.

Presenter: David Siegman, Psy.D.

Workshop #3

Coping with Substance Abuse/Addiction

Monday, February 25, 2019 in Tabak Hall at 8:00 PM

Presenter: Dr. Kerry M. Olitzky

Please RSVP to attend:

Cindy Patrych-Brotman - cpatrych@aol.com

Any questions, please contact:

Helene Knee - kneenote@gmail.com

