

In support of CMHA Mental Health Week, join us for a special event

6TH ANNUAL JEWISH COMMUNITY MENTAL
HEALTH AWARENESS SHABBAT

MENTAL HEALTH SYMPOSIUM

*Our Nation at War:
Understanding the Unique Impact of Ongoing Trauma*

Thursday May 9, 2024 | 7:30-9:00PM EST

Congregation Tifereth Beth David Jerusalem
6519 Baily Road, Côte Saint-Luc, QC H4V 1A1

Livestream and to RSVP /mark your calendars:
at: <https://www.mentalhealth.tbdj.org/>

Featuring a panel of local speakers

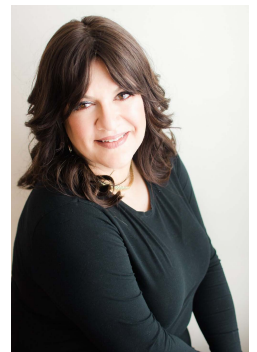
- **Dr. Rachel Goodman, Moderator**
Co-Chair, Mental Health Shabbat 2024
- **Rabbi Zolly Claman**
Rabbi, Congregation Tifereth Beth David Jerusalem
- **Ravit Sarah Sadi, TS**
Senior Case Manager, Agence Ometz
- **Family Caregiver**
AMI-Quebec

Keynote Speaker:

Dr. Debbie Akerman

Dr. Debbie Akerman is a social worker with years of experience in addiction, recovery and trauma. A wife and mother to 11 biologic and 8 chosen children, Dr. Akerman completed her dissertation on addiction and the orthodox Jewish community.

Currently, Dr. Akerman is full time faculty at Wurzweiler School of Social Work and also maintains a private practice. Dr. Akerman brings her own personal experience of trauma and loss to her work and now to the public sphere as an inspirational speaker.



EVENT PARTNERS



A full list of participating synagogues & organizations will be displayed on our website.

In conjunction with the Orthodox Union's Mental Health Awareness Month

For more information, please contact: tbdjmentalhealth@gmail.com