

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

4<sup>TH</sup> ANNUAL JEWISH COMMUNITY MENTAL  
HEALTH AWARENESS SHABBAT

# TEEN MENTAL HEALTH WORKSHOP

Keynote Speaker:

Dr. Rona Novick



Rona Novick, PhD, a licensed clinical psychologist, is the Dean of the Azrieli Graduate School of Jewish Education and Administration of Yeshiva University and holds

the Raine and Stanley Silverstein Chair in Professional Ethics and Values. In addition, Dr. Novick serves as the Co-Educational Director of the Hidden Sparks program which provides professional development to Jewish day schools and Yeshivas. She is internationally recognized for her expertise in human growth and development, social-emotional learning, spirituality, positive psychology, trauma, cognitive behavioral interventions, diverse learners, and family dynamics. She has published a children's book on Resilience, *Mommy, Can You Stop the Rain*, available on Amazon.

**Managing Mood  
Through Thought  
and Action**

**FRI | MAY | 6  
10AM**

**REGISTER:**  
[mentalhealth.tbdj.org](http://mentalhealth.tbdj.org)

\* This event is designed for High School students

EVENT  
PARTNERS



A full list of participating schools will be displayed on our website.

The Orthodox Union encourages synagogues and communities to use the weekend of May 5-8, 2022 to build mental health awareness.

For more information, please contact: [tbdjmentalhealth@gmail.com](mailto:tbdjmentalhealth@gmail.com)