5TH ANNUAL JEWISH COMMUNITY MENTAL HEALTH AWARENESS SHABBAT

MENTAL HEALTH SYMPOSIUM

Reconnecting With What Matters: How Investing In Our Relationships Helps Us Thrive

Thursday May 4, 2023 | 7:30-9:00PM EST

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

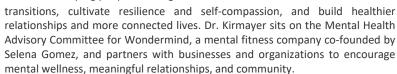
Livestream at: mentalhealth.tbdj.org

Featuring a panel of local speakers

- Dr. Rachel Goodman, Moderator Co-Chair, Mental Health Shabbat 2023
- Rabbi Zolly Claman
 Rabbi, Congregation Tifereth Beth David Jerusalem
- Lanya Samuelson McClintock, MSW
 Manager L'Annexe,
 The Ometz Centre for Young Adults
- Family Caregiver
 AMI-Quebec

Keynote Speaker:Dr. Miriam Kirmayer

Dr. Miriam Kirmayer is a clinical psychologist and leading friendship expert who has studied the science of connection for over a decade. Her work focuses on helping people to navigate life













EVENT PARTNERS









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