

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

7TH ANNUAL JEWISH COMMUNITY MENTAL
HEALTH AWARENESS SHABBAT

MENTAL HEALTH SYMPOSIUM

*Mental health in the Jewish community –
How can we use Jewish law to battle stigma?*

Thursday May 8, 2025 | 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 2025
- **Rabbi Zolly Claman**
Rabbi, Congregation Tifereth Beth David Jerusalem
- **Naomi Mazer**
Director of Social Services and Programs, Agence Ometz
- **Sharleen Young**
Family Caregiver, AMI-Quebec

Keynote Speaker:

Rabbi Yonatan Rosensweig

Rabbi Yonatan Rosensweig serves as the Rabbi of the Netzach Menashe synagogue in Beit Shemesh. Additionally, he teaches in various post high school institutions and is the author of multiple books.

In 2021 he founded the organization Maagalei Nefesh, that deals with issues pertaining to mental health and halakha and recently co-authored "Nafshi BiShe'elati.



EVENT PARTNERS



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

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