

WILD GARDEN: Jewish Wisdom on the Slings and Arrows of Outrageous Parenting

Wednesday evenings
beginning May 6
(4 weeks)



Join Rabbi Hannah Dresner and Matthew Gindin for this four-week program. We'll meet once a week to study Jewish wisdom and practices that can help us meet the demands of parenting. We'll laugh, cry, and share tips and struggles as we examine:

- (1) Being Present,
- (2) Valuing Effort (not perfection),
- (3) The Freedom of Boundaries, and
- (4) The Power of Positive Speech.

In each class we'll join in contemplating short inspirational texts, and consider concrete tools, games, and practices to help us now and in any other run-of-the-mill challenging time!

Register: www.orshalom.ca/wild-garden

