

JEWISH SPIRITUAL HEALING CENTER MISSION STATEMENT

The WJCS Jewish Spiritual Healing Center is dedicated to promoting the spiritual, intellectual, physical and mental health of Westchester's Jewish community by infusing our many programs and services with the intrinsic power of Judaism's history and tradition.

We provide the community with opportunities that foster health and healing for the mind, body and spirit within a Jewish context.

COUNSELING SERVICES

Pastoral Counseling and Spiritual Direction

Rabbi Pamela Wax is available to provide pastoral counseling, offering a spiritual perspective on life issues, both routine and crisis-oriented, as well as spiritual direction and guidance.

Payments to WJCS are requested for these services.

OUTREACH TO WESTCHESTER RABBIS AND CANTORS

Rabbi Wax offers special programming throughout the year for Westchester's rabbis and cantors. Please contact her directly if you are interested in her monthly *Mussar* group.

We are always available to partner with local synagogues on programming of mutual interest.

**YOU MUST PRE-REGISTER FOR ALL
HEALING CENTER PROGRAMS**

pwax@wjcs.com or 914.761.0600 X2149

ABOUT WJCS

Founded in 1943, WJCS is a non-sectarian, non-for-profit human services agency that supports 20,000 Westchester residents annually to meet challenges and achieve personal success. Services include mental health treatment, a network of literacy, learning, and youth development initiatives, residential and non-residential programs for individuals with intellectual and developmental disabilities and those on the autism spectrum, services for older adults, and privately funded programs for the Jewish community. WJCS is a beneficiary and network agency of UJA Federation. We are also funded by local, state, and federal government agencies, foundations, corporations, individuals, and a generous and active Board of Directors.

Non-Profit
U.S. Postage
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White Plains, NY

WJCS Jewish Spiritual Healing Center
Westchester Jewish Community Services
845 North Broadway
White Plains, NY 10603

RETURN SERVICE REQUESTED



WJCS Center for Jewish Programs Jewish Spiritual Healing Center Spring 2020 Schedule



**Workshops, Support Groups &
Spiritual Healing Services
for the Westchester Jewish
Community**



***Pre-registration is required for
all programs.***

wjcs
Westchester Jewish
Community Services

Strengthening Lives. Shaping Futures.



After the Death of a Sibling: A Spiritual Support Group

Siblings are generally the longest relationships we have in life, yet surviving siblings are often the “forgotten mourners.” Please join us for this special opportunity to share memories, joys, and tribulations of your sibling relationship and what it means to live without him or her in your life through conversation, writing and experiential exercises.

Co-facilitated with Heidi Weiss, LMSW, MHA

5 Wednesdays: February 19, 26, March 4, 11 & 18

5:30 – 7:00 pm

Suggested fee: \$225



After the Death of a Child: A Spiritual Support Group

We will create a safe space in which you can mourn and memorialize, create legacy, and walk the mourners’ path with other parents who have lost a child of any cause at any age. All faiths are welcome.

Co-facilitated with Gillian Rittmaster, LCSW

5 Mondays: March 2, 9, 30, April 13 & 27

2:00-3:30 pm

Suggested fee: \$225

Fractured Families: A Panel Discussion

Family cut-offs and estrangements are as old as the Hebrew Bible. Join us for this panel discussion comprised of individuals who continue to negotiate their own family fractures.

Monday: March 2

6:00 – 8:00 pm

Suggested fee: \$25

For more information or to register, contact:

Rabbi Pamela Wax,

WJCS Spiritual Care Coordinator

914-761-0600 x2149 or pwax@wjcs.com

MUSSAR

If you have some Mussar background and are interested in joining an ongoing group, please contact Rabbi Wax to discuss the possibility of joining an existing year-long Mussar class.

Wise Aging – age 60+

In this contemplative reflection on aging, we will assess our core values and honor the transitions we are experiencing physically, emotionally, and spiritually as we age. Through text study, discussion, and experiential exercises, we'll explore purpose, passions, and possibilities. Our text is *Wise Aging: Living with Joy, Resilience, and Spirit* by Rachel Cowan and Linda Thal.

6 Wednesdays: March 4, 18, April 22, May 6, 20,

June 3

10:00 – 11:30 am

Location: Temple Israel Center, 280 Old Mamaroneck Road, White Plains

Suggested fee: TIC members \$120; non-members \$150

In Search of Equanimity: Spiritual Practices for Hard Times

How can we live with equanimity and hope in uncertain and fearful times? We will study text, sing songs, journal, listen and take home useful spiritual tools for the journey.

3 Thursdays: March 5, 12, April 2

10:00 – 11:30 am

Suggested fee: \$54

The Empty Seat at the Seder Table: A Gathering for All Who are Bereaved

A pre-Passover teaching and conversation about using Passover as a healing modality, with time to share how to negotiate the empty seat at the seder table. For anyone feeling the loss of a loved one at this time of year. **Donations to WJCS will be gratefully accepted for this program.**

Monday, March 30

7:00-8:30 pm

UNLESS OTHERWISE NOTED, ALL PROGRAMS TAKE PLACE AT WJCS, 845 N. BROADWAY, WHITE PLAINS, AND ARE FACILITATED BY RABBI PAMELA WAX.

Pre-registration is required for all programs.

A Legacy of Values: Writing Your Ethical Will

Pass on the essential truths you have learned in your lifetime! Explore purpose and history of ethical wills, read some classic examples, and begin to write your own.

3 Wednesdays, April 29, May 6 & May 13

2:00 – 3:30 pm

Suggested fee: \$54

Holding the Space: Sharing Suicide Resources and Support

Join us to discuss current research and warning signs of suicide and share resources that might benefit both survivors of suicide loss as well as those at risk. There will be ample opportunity to share your experience and ask questions in a safe environment. Some Jewish perspectives on suicide will be included. Professionals welcome.

2 Wednesdays: May 6 & 13

6:30 – 8:30 pm. Suggested fee: \$36

Ongoing Jewish Mindfulness Meditation

In these ongoing groups, learn the essential skills of Mindfulness Meditation within a Jewish context and be introduced to other traditional Jewish contemplative practices. No prior meditation experience is required. **Suggested donation: \$5 per session. No sessions on holidays or when synagogues are closed.**

- ❖ Every Monday, 9:30-10:45 am
Temple Israel Center, White Plains
280 Old Mamaroneck Road, White Plains
- ❖ Every Thursday, 9:30-10:45 am
Chapel in the Woods, Congregation Kol Ami,
252 Soundview Avenue, White Plains

Facilitated by Ruth Rosenblum, LCSW, certified meditation teacher. Newcomers must email: rrosenblum@wjcs.com.