



LISTENING SPACE WITH RABBI JANE BERMAN “When Your Teen or Young Adult Struggles”

**Saturday, October 20, 2018
1:00—2:00 pm**

Coping with our older children's struggles can be very stressful and isolating. Join parents facing similar issues and feel supported.

When Adat Shalom members gather for a Listening Circle, we come not to offer advice, but to listen. As each member speaks about whatever is concerning them, we strive to empathize. We seek to hear the feelings in their story and offer our hopes for them. These Circles are powerful. We have seen love and friendship emerge. New members bravely come, creating initial bonds, while older members deepen their friendships. As a drop-in support group, anyone is welcome with no commitment. This group generally meets on Shabbat towards the end of each month.

If you have any questions, please contact

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