

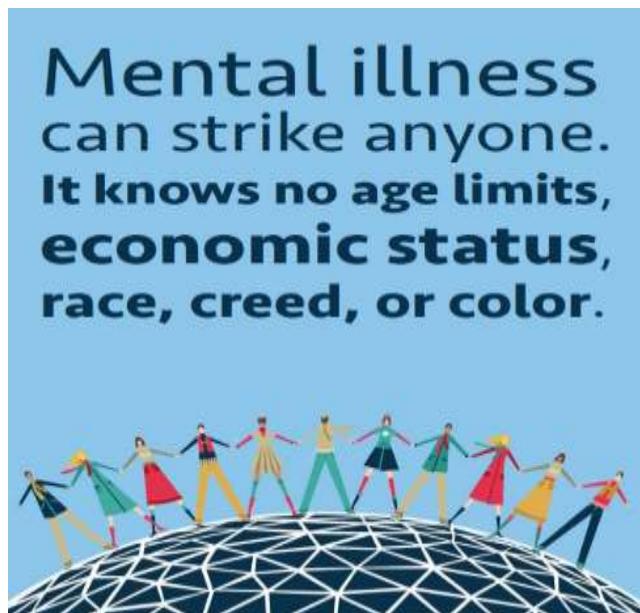


Congregation Sha'aray Shalom

Mental Health Awareness Shabbat*

Friday, January 24, 2020 at 7:30pm

Join us for a moving Shabbat service of reflection, prayers and learning as we speak about mental illness and community life with our guest speaker, **Cathy Rein, MSW, Clinical Social Work & School Adjustment Counselor at Hingham Public Schools**



Mental health and its challenge are not something that we can afford to ignore. Too many of our friends and members struggle alone. Help us erase the stigma and support recovery. Everyone has the potential to live life well and we, the community, can help realize this potential for those individuals and families among us living with mental health issues.

We can be supportive and share in worship together as a friend, a family member and a member of our community to welcome all who come to worship and find solace.

NAMI South Shore Family Support Group at Congregation Sha'aray Shalom meetings are held on the first and third Tuesday of every month in Congregation Sha'aray Shalom's Henry & Sylvia Yaschik Library and Conference Center.

Location: Congregation Sha'aray Shalom | 1112 Main Street, Hingham

*Part of the CJP/ Ruderman Synagogue Inclusion Project