

Thoughtful Thursdays: Exploring the Landscape of Jewish Learning presents....

A Conversation about Self Care, with Rabbi David Levin

Thursday, March 4

7:00-8:00pm

Caring for others takes a toll on the caregiver, particularly in this time of the pandemic. How do you find the strength? It comes from developing resiliency. The Jewish tradition has the tools to help us fortify ourselves, creating a wellspring of resiliency so you can help save others and not be overwhelmed.

Rabbi Levin has created a novel approach to understanding how to take care of yourself to take better care of others. Building on his training as a rabbi and Chaplain, the Red Cross as a Disaster Spiritual Care team Regional Leader, Crisis Intervention Stress Management, and as a Water Safety Instructor and lifeguard, he has created a new approach to self care.

About Rabbi David Levin:

Rabbi David Levin focuses on outreach bringing Jewish wisdom to seekers of meaning. Trained at Hebrew Union College, Rabbi David draws from the many streams of the Jewish tradition to aid people in this pursuit. He considers himself a lamplighter along life's journey rather than a gatekeeper. Rabbi Levin teaches "**The Ethical Legacy Will, Jewish Wisdom Reimagined**"- a new approach to the Ethical Will, making it more relevant and accessible, as well as other end-of-life challenges.