

# Help and Healing Workshop

Min HaMeitzar: Jewish Mindfulness Practice for Difficult times

In this introductory workshop we will learn practical, accessible Jewish mindfulness practices for helping us work with difficult times in life--such as bereavement, illness and other experiences of loss, fear and pain. Together, and with a contemplative framing, we will discuss texts that open up Jewish wisdom for supporting us as we live in the midst of challenge. This practice does not depend on long periods of meditation or on particular backgrounds or orientations of Jewish observance, but will offer practices that one can easily integrate into one's life.

With Rabbi Sam Feinsmith of Orot: Center for New Jewish Learning

**Date:** Sunday April 30

**Time:** 10:30-12pm

**Place** Abe & Ida Cooper Center  
6639 N. Kedzie, Chicago

**Fee:** Free

**Register by April 26**

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One-stop, toll-free access for help. Call 855-ASK-JCFS (855- 275-5237), email [ask@jcfs.org](mailto:ask@jcfs.org) or visit [jcfs.org](http://jcfs.org).



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