

# Parenting Mindfully: Drawing on Jewish Values through Musar

*A Series of Classes for Parents of Children up to Twelve Years Old*

Join us in exploring how parents can express their emotions and beliefs in balanced and healthy ways, consistently modeling the traits we want to pass on to our children. We'll draw from Musar, traditional Jewish writings focused on exploring and improving one's character, and from contemporary professional and popular literature. Facilitated by Rabbi Yohanna Kinberg and Marjorie Schnyder, MSW.

**Each session held from  
11:00 a.m. – 12:30 p.m.  
on the following Sunday mornings**

**October 19th:** The Middah of Hospitality

**November 9th:** The Middah of Equanimity

**January 25th:** The Middah of Deliberation

**May 17th:** The Middah of Anger

Co-sponsored by and held at Temple B'nai Torah, 15727 NE 4th Street, Bellevue

A limited amount of child care may be available by pre-arrangement — please ask.  
FREE. Pre-registration is encouraged.

**Contact** Marjorie Schnyder at (206) 861-3146 or [familylife@jfsseattle.org](mailto:familylife@jfsseattle.org)



JEWISH **FAMILY**SERVICE

