

Parenting and Teshuva: Rupture, Repair and Return

Teshuva is the process of self-reflection that is an integral part of the High Holidays, a time to look at how to respond to “ruptures” in our relationships. Parenting is filled with constant adjustments and challenges—yet these challenging moments can ultimately turn us closer to our children.

Join us as we explore questions of forgiving and moving forward in our parenting. Discussion, text study, and activities will be facilitated by Rabbi Rachel Nussbaum and Marjorie Schnyder, MSW.

Tuesdays, September 15 & 22
7:00 – 9:00 p.m.

At a Queen Anne location in Seattle

\$20/person or \$30/couple. Scholarships available. Space is limited and advance registration required

Register online through <http://www.kavana.org/family/parenting-and-teshuva> or call Marjorie Schnyder at (206) 861-3146.

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