

**HENDON UNITED SYNAGOGUE
TOGETHER WITH ALEI TZION & MAGEN AVOT
INVITE TO YOU TO A FASCINATING THREE-PART SERIES:**

UK LOCKDOWN 2.0



KEEPING CALM CARRYING ON & MORE!

MONDAY 30TH NOVEMBER - "KEEPING CALM..."

Rabbi Aryeh Sufirin MBE, (founder & former Director of Chabad drugs lifeline),
Laurie Rackind, CEO, Jami, (the Jewish mental health service for our Community),
Naomi Dickson, CEO, Jewish Women's Aid (building a future where domestic violence is not tolerated)
- 'keeping cool, avoiding melt-downs, addictions and worse ...'

MONDAY 7TH DECEMBER - "CARRYING ON ..."

Debbie Sheldon CEO, Work Avenue, (employment and business support for our Community),
Bayla Perrin, CEO, The Paperweight Trust, (helping people to deal with bureaucracy, welfare and benefits),
Victoria Sterman, CEO, Resource, (helping you to win the right job for you)
- 'keeping on top of financial, employment & admin needs'

MONDAY 14TH DECEMBER, 5TH NIGHT CHANUKAH - "AND MORE ..."

an initial keynote address:

"A LITTLE BIT OF LIGHT DISPELS A LOT OF DARKNESS",

from

Rabbi Dr Ari Sytner,

**Director of Leadership and Community Development at Yeshiva University, New York,
Professor of Social Work, therapist and author**

Followed by a discussion between our Shuls Rabbis entitled "from theory to practice" – lessons from Jewish teachings and life which can help us 'stay the course' through the current challenging times.

ALL THREE EVENINGS WILL COMMENCE AT 8.30PM

[HTTPS://ZOOM.US/J/193973537](https://zoom.us/j/193973537)

