

## PRESENTS



# Catching Your Breath:

## A Series of Virtual Events for Parents of Children With Disabilities

In these challenging times, we know how difficult things are. Join us for an hour of Jewish-themed, stress-reducing strategies, entertainment and socialization for parents. You will receive a home-delivered kosher meal so you can participate without worrying about preparing dinner for your family.

Program registration includes all three sessions.

**Thursday, December 3, 2020 at 8 p.m.**

**Thursday, January 7, 2021 at 8 p.m.**

**Thursday, February 4, 2021 at 8 p.m.**

**[CLICK HERE to register.](#)**

NO COST TO ATTEND | SPACE IS LIMITED

**RSVP by Monday, November 30 at 10 a.m.**

For more information, please contact  
Nancy Zaretsky at [nzaretsky@gmjf.org](mailto:nzaretsky@gmjf.org).

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