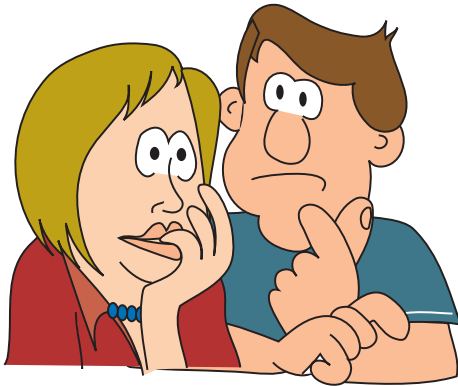


Congregation M'kor Shalom

Mitzvah-ry Loves Company



Your Child's Bar/Bat Mitzvah is a time of great pride for your family, but it can also be a time of turmoil and confusion. For some, the event brings concerns about blended families and estranged relatives. Others wonder and worry about their child's progress with Torah study or mitzvah projects. For others still, questions about what caterer to use, what favors to give, or what dresses to buy bring tension. **For all, there are decisions to make and details to manage, schedules to maintain and budgets to balance.**

Come join other M'kor Shalom Moms and Dads, and bring your stresses, questions and concerns. **Enjoy the support of other parents**, and together let's make the hectic year preceding Bar/Bat Mitzvah one of camaraderie, comfort and joy.

Date:

Tuesdays, March 20, April 17 and May 8

Time:

7:30-9:00 pm (during Hebrew School)

Led by: Marla Cohen,

Psychologist, Group Facilitator, M'kor Shalom Member,
and Newly Minted Post-Bat Mitzvah Mom