

בנזחה שי"ת

SHABBOS OF CHIZUK!



WEEKEND ITINERARY

שבת מברכים אב
פרשת פינחס
כ"ב-כ"ה תמוז תשפ"ב
JULY 21-24, 2022

WELCOME ברוכים הבאים

TO A SHABBOS OF CHIZUK!

THE KESHER NAFSHI COMMITTEE:

Gedalia Miller, Founder & Director

Chesky Kauftheil, Executive Advisor

Gingy Markowitz • Shloimie Litzman

Hainech Korman • Hershel Rosenberg

Moshe Hersh Rosenfeld • Mendy Eder

Eli Kaufman • Yisroel Fried • Meir Waks

Yitzchok Meir Walzer • Yanky Goldman

Pearl Stroh • Mindy Markowitz

Shternie Litzman • Chaya Ruchy Mayer

Chaya Metzger • Rivka Drebin • Raizel Feldman

Esther Walzer • Chaya Gitty Rosenberg

Esther Miller • Dassie Bin-Nun • Roizy Kaufman

THE KESHER NAFSHI MIDWEST TEAM:

Ephraim and Chana Polatsek

Ephraim and Aviva Vilenski

Ezi and Adina Semel

Yankie Greenberger

Aviva Appelbaum

Yoela Holman

OUR DEEPEST THANKS

to the dedicated members of the
Chicago community who donated
generously to make this Midwest
Shabbos of Chizuk/Training
materialize.

For future events, visit us online at:

[KesherNafshi.org](https://www.KesherNafshi.org)

SPECIAL GUESTS, SPEAKERS, LECTURERS & PROFESSIONALS



**Rabbi Shimon
Russell, LCSW**

Director of
Training & Development
of Keshet Nafshi



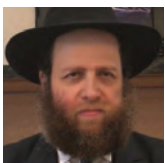
**R' Gedalia
Miller**

Founder and Director of
Keshet Nafshi



**Binyamin
Greenspoon,
LCSW**

Clinical Director of Nesivos



**Harav
Boruch Hertz
shlit"a**

Rav Bnei Reuven



**Harav
Menachem
Fine shlit"a**

Rav Bais Chaim Dovid East



**Harav Moshe
Scheinberg
shlit"a**

Rav Agudas Yisroel
of West Rogers Park



**Harav Efraim
Twerski
shlit"a**

Rav Kahal Chassidim



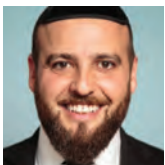
**Harav Moshe
Yosef Unger
shlit"a**

Nasi Yeshivas Ohr Baruch,
Rav Kehillas
Shearis Yisroel D'Veitzen



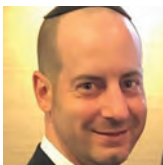
**Harav Gershon
Schaffel
shlit"a**

Rav Young Israel of Skokie



**Rabbi Yossi
Bensoussan**

Casac, Mashgiach
Ruchani Yeshiva High
School of Cleveland



**DJ
Shabat,
MSCC, CADC**



**Mordechai
Katz,
MSW MDIV JD**



**Chazan
Yoel Ausch**



718.501.3867



**Rabbi Isaac
Leib Miller**

SUNDAY, JULY 24, 9:30am – 3pm

CRISIS CHINUCH TRAINING NOT REGULAR CHINUCH

**by Rabbi
Shimon Russell, LCSW**

Endorsed by the following community Rabbonim:

Harav Zev Cohen

Rov, Adas Yeshurun

Harav Eliezer Dimarsky

Rov, Heritage Russian Jewish Congregation

Harav Pinchos Eichenstien

Rov, Khal Ohr Yisochoz - Chodrov

Harav Zalman Leib Eichenstien

Rov, Chesed L'Avrohom - Zidichov

Harav Menachem Fine

Rov, Bais Chaim Dovid East

Harav Shmuel Fuerst

Dayan, Agudas Yisroel

Harav Reuven Gross

Rov, Sha'arei Tzedek Mishkan Yair

Harav Boruch Hertz

Rov, Bnei Reuven

Harav Moshe Kaufman

Rov, Adas Bnei Yisroel

Harav Leonard Matanky

Rabbi, KINS Dean, ICJA

Harav Shloime Nueberger

Menahel, Ner Naftali

Harav Yonah Reiss

Av Beis Din, Chicago Rabbinical Council

Harav Yaakov Robinson

Rov, Mikor Hachaim

Harav Gershon Schaffel

Rov, Young Israel of Skokie

Harav Moshe Scheinberg

Rov, Agudas Yisroel or West Rogers Park

Harav Chaim Twerski

Rov, Bais Chaim Dovid

Harav Efraim Twerski

Rov, Khal Chasidim

Harav Dovid Zucker

Rosh Kollel, Zichron Shneur



To submit anonymous questions throughout the weekend, please email yoelaholman@gmail.com

ITINERARY

THURSDAY

10:00 am *Internal Upward professionals only*
Upward Community

3557 W. Peterson Ave Suite 122

Binyamin Greenspoon

Upward clinicians talk about facilitating productive groups that encourage safety and vulnerability, discussing issues relevant to today's struggling youth.

4:30 pm

6850 N Francisco Ave.

Light late parve lunch for out of town guests

Thursday Evening

KEYNOTE & GET TOGETHER

Home of Benzie & Lisa Friedman

6529 N. Drake, Lincolnwood

6:15 pm

[closed for current Keshet Nafshi parents only]

Rabbi & Mrs. Russell

discuss the "Mahalach" and the "Sugya"

7:30 pm *Open to the public*

Fleishig buffet

8:00 pm

intro by **Gedalia Miller**

8:10 pm

Divrei Chizuk

Harav Boruch Hertz

Harav Menachem Fine

Continued ►

THURSDAY

8:45 pm

KEYNOTE

Rabbi Shimon Russell

Shalom Bayis United Front,

When my child is acting out and we don't agree on how to handle it

10:00 pm

Kumzitz

FRIDAY

9:30 am

[Community Mental Health Professionals Only]

Upward Community

3557 W. Peterson Ave Suite 122

Rabbi Shimon Russell

Binyamin Greenspoon

Issues relevant to today's struggling youth

Light refreshments provided by Upward

12:00 pm

6857 N Francisco Ave.

Round table for Shul Rabbonim with

Rabbi Shimon Russell &

Binyamin Greenspoon

Light refreshments

2:00 pm - 4:00 pm

6857 N Francisco Ave.

Meetings with professionals

15 minute time slots

Binyamin Greenspoon

Rabbi Yossi Bensoussan

Email yoelaholman@gmail.com
to request a time slot

FRIDAY EVENING

[by invitation only]

6:48 pm - *NOT BEFORE*

Candle Lighting

at Residence

or Agudah WRP (upstairs)

6:30 pm

Mincha - Kabbalas Shabbos

Veitzener Cheder

2828 W Pratt Blvd

7:00 pm (appx)

Rabbi Yossi Bensoussan

Why are we here and why do we need this?

8:30 pm

Seudah

Agudas Yisroel WRP

2801 West Pratt Blvd

featuring

Rabbi Isaac L. Muller

10:00 pm

Divrei Chizuk

Harav Efraim Twerski

10:30 pm

Oneg Shabbos

with Keshet Nafshi Parents Panel

The positive impact on our family from this journey

Shloime Litzman

Gedalia Miller

Gingy Markowitz

SHABBOS

9:00 am

Shacharis

Veitzener Cheder

2828 W Pratt Blvd

Divrei Chizuk

Harav Moshe Yosef Unger

10:00 am

Womens Program:

by Invitation only

6857 N Francisco

The importance of having friends you can be real with

Coffee and pastries

with veteran Kesher Nafshi moms open to talking and sharing about how they grew through their own experiences.

Informal and relaxed.

Featuring:

Mrs. Yocheved Russell

Pearl Stroh

Dassie Bin-Nun

Raizy Feldman

Devoiry Weber

Shternie Litzman

Lea Dugan

11:30 am

Lavish Kiddush

Agudas Yisroel WRP

2801 West Pratt Blvd

12:00 pm

Panel

Rabbi Yossi Bensoussan

Rabbi Shimon Russell

Binyamin Greenspoon

When do I know that traditional chinuch is not working?

1:15 pm

Shabbos Day Meal for Out of Town Guests

Agudas Yisroel WRP

2801 West Pratt Blvd

Continued ➤

SHABBOS

4:00 pm

Women Get Together

by Invitation only

(Keshet Nafshi women can invite friends who they think will benefit)

6857 N Francisco

Panel of Keshet Nafshi moms

tell their story

Moderated by

Pearl Stroh

4:50 pm

Guided meditation

by

Mordechai Katz

5:05 pm

Binyamin Greenspoon

The power of vulnerability

SHALOSH SEUDOS *Open to Community*

Agudas Yisroel WRP

2801 West Pratt Blvd

6:00 pm

Mincha

6:30 pm

Shalosh Seudos Buffet

7:00 pm

Divrei Chizuk

Harav Moshe Scheinberg

7:30 pm

Panel of Professionals:

Binyamin Greenspoon

Rabbi Yossi Benssoussan

DJ Shabat

When do I have to worry?

What is addiction?

Cell phones, Alcohol, Marijuana

9:08 pm

Ma'ariv

9:35 pm

Grand Havdalah

SUNDAY

CRISIS CHINUCH TRAINING

by **Rabbi Shimon Russell**

Bais Medrash Mikor Hachaim

2849 West Chase Avenue

9:30 am

Opening Remarks

by **local Rav**

10:10 am

Training Begins

12:15 pm

Lunch break

12:45 pm

Training Resumes

3:00 pm

Closing Remarks

Rabbi Shimon Russell

3:00 pm

Q & A Post Training

Harav Gershon Schaffel

Rabbi Yossi Bensoussan

Moderated by

R' Gedalia Miller



P. 718.673.2200

E. INFO@KESHERNAFSHI.ORG

KESHERNAFSHI.ORG

RESERVE THE DATE
FOR OUR **EIGHTH** SHABBATON

בעזרת השי"ת

שבת
קשר
נפשו
ונפשו קשורה בנפשו

בארצינו הקדושה

פרשת חיי שרה, מברכים חודש כסלו
כ"ג-כ"ו חשון תשפ"ג

Leaving NY **Wednesday Nov. 16th** to

Eretz Yisroel

For an inspiring &
uplifting Shabbaton!

Returning **Sunday Nov. 20th**

Refreshed and invigorated with tools
to continue our Avodas Hakodesh
and our journey!

REGISTRATION IS NOW OPEN

FOR OUR **NINTH**
Shabbaton



פרשת ויגש, ה'-ח' טבת תשפ"ג

THURSDAY DEC 29TH, 2022

THRU SUNDAY JAN 1ST, 2023

(NEW YEAR'S WEEKEND)

ARMON⁺

HOTEL + CONFERENCE

STAMFORD, CT

Reserve Now!

P. 718.673.2200

E. KESHERNAFSHI@GMAIL.COM

W. KESHERNAFSHI.ORG