

שבת
קסר
נפיו
ונפיו קסורה נפשו



CROWNE PLAZA®

STAMFORD, CT

שבת פרשת אחרי

מברכים החדש אייר תשע"ט

Friday, May 3rd - Sunday, May 5th, 2019

ITINERARY

Welcome

TO OUR SECOND ANNUAL
Shabbaton

Day in day out you so selflessly devote so much effort, time and fortitude,

At times it may be inconvenient, annoying, stressful, or you simply may not be in the mood,

But you proceed and persevere with diligence, patience & tenacity beyond measure,

To give your child happiness, joy, contentment, gladness and pleasure!

This Shabbos is dedicated for YOU dear parent to enjoy, grow, learn and gain inspiration,

Be in the company of other wonderful parents who are in a similar situation,

So share, inspire, connect, with people who can definitely understand and relate,

We hope this Shabbos will enlighten, encourage, inspire and invigorate!

THANK YOU FOR JOINING

Good Shabbos!

THE KESHER NAFSHI COMMITTEE:

Gedalia Miller, *Founder & Producer*

Chesky Kauftheil, *Executive Advisor*

Mendy Eder • Hainech Korman

Shloimy Litzman • Gingy Markowitz

Hershel Rosenberg • Moshe Hersh Rosenfeld

ברוכים הבאים

זמנים

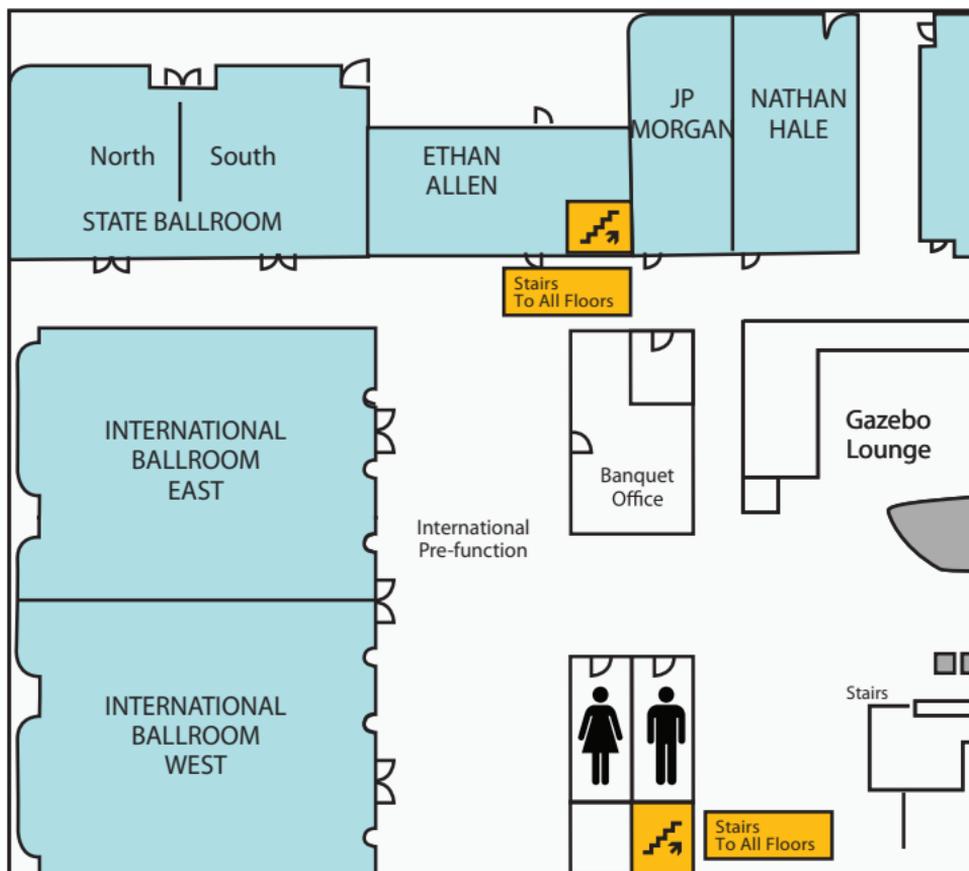
ערב שבת פרשת אחרי - כ"ח ניסן תשע"ט

12:51	חצות היום
1:26	מנחה גדולה
6:25	פלג המנחה - גר"א
7:34	הדלקת נרות
7:52	שקיעת החמה
8:38	לילה - צאת ג' כוכבים
9:04	לילה - 72 דקות

שבת קודש פרשת אחרי - כ"ט ניסן תשע"ט

4:14	עלות השחר
5:48	נץ החמה
8:33	סוף זמן קריאת שמע - מג"א
9:19	סוף זמן קריאת שמע - גר"א
10:30	סוף זמן תפילה - גר"א
12:51	חצות היום
1:26	מנחה גדולה
6:25	פלג המנחה - גר"א
7:53	שקיעת החמה
8:39	לילה - צאת ג' כוכבים
9:06	זמן מוצש"ק - 72 דקות

HOTEL MAP



שנת
קסר
נפסו
ונפא קסור הנפא

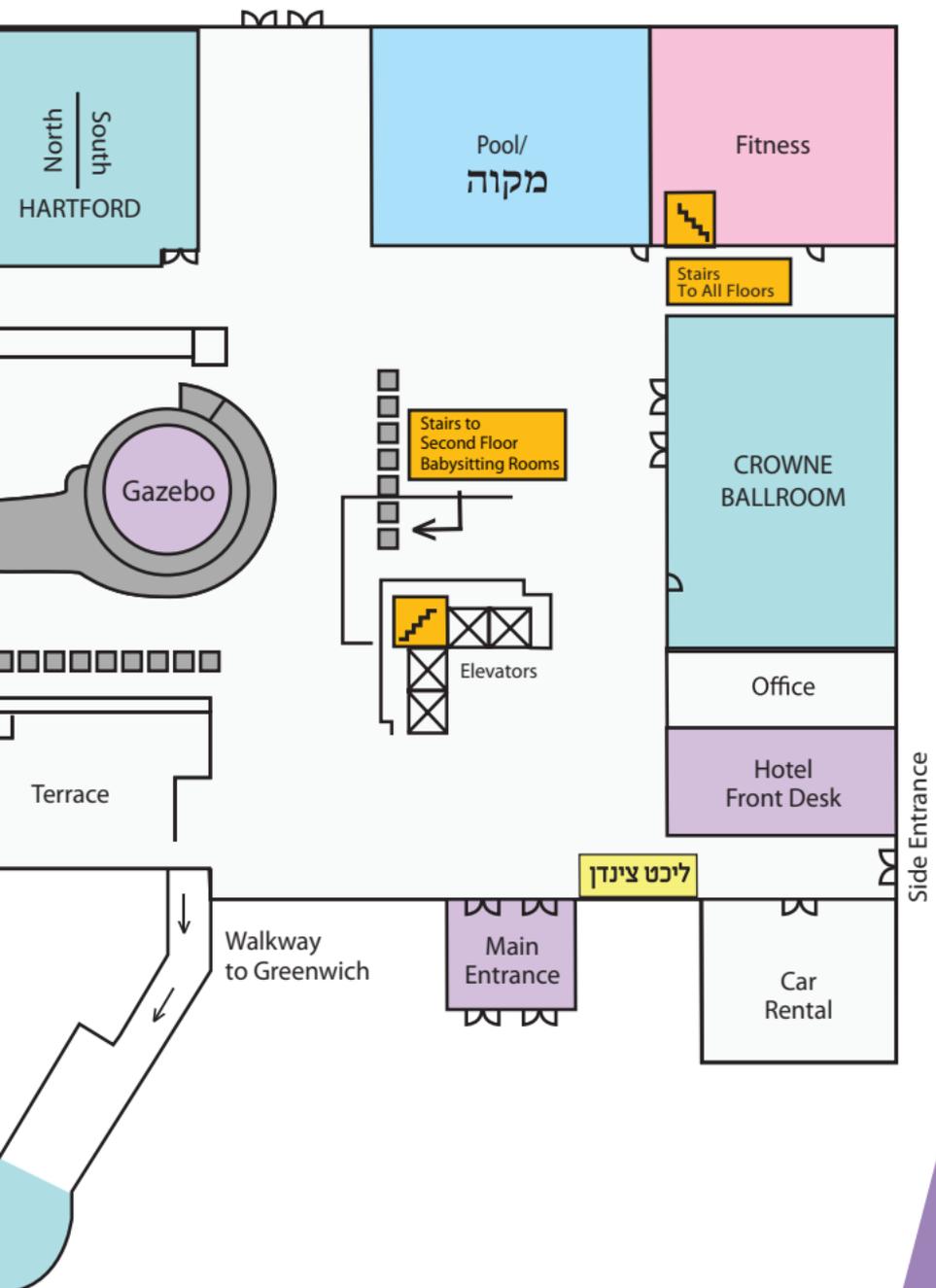
GREENWICH



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PARKING LOT



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הרה"ג ר' משה וויינבערגער שליט"א
מרא of Congregation Aish Kodesh, Woodmere, NY



Rabbi Shimon Russell, LCSW
World famous Speaker & Psychotherapist



Rabbi Shais Taub
Scholar-in-residence at Chabad of the Five Towns



הרה"ג ר' פנחס פריעדמאן שליט"א
מחבר ספר "שבילי פנחס"
ראש כוללים דחסידי בעלזא



@vi Fishoff Master KiPologist
Founder & Director
Home SWEET Home
TWISTED PARENTING!
GPSI NAVIGATION for YOUR SOUL
CPRI RESUSCITATION for YOUR SOUL



הרה"ג ר' שלום קעסלער שליט"א
מנהל רוחני בישיבת בני ציון באבוב



הרה"ג ר' שמואל ניימאן שליט"א
דומ"ץ במאנסי



הרה"ג ר' שלום נח לאנדא שליט"א
ראש ישיבת ווערעצקי



הרה"ג ר' שמואל דוד פריעדמאן שליט"א
מחבר ספר "בדידי הווה עובדא"



הרה"ג ר' יוסף חיים לייפער שליט"א
ראש ישיבה, סאטמאר



הרה"ג ר' יהודה וגשל שליט"א
ר"מ ישיבת מיר, ירושלים



הרה"ג ר' יצחק לובינשטיין שליט"א
חבר בית דין ובית הוראה וראש הכולל בקרית ספר



Rabbi Ashi Newman
Menahel, Yeshiva Ketana
Hebrew Academy of Cleveland



Rabbi Avrohom Yeshaya Goldman
Rosh Hayeshiva Darchei Torah
Manchester, UK

LECTURERS & PROFESSIONALS



Chesky Kauftheil

Founder & Director of
Mishkan Yecheskel



Sony Perlman, LMSW

Clinical Director of Our Place



Rabbi Shimon Gruen

Author of "Get Along With Everyone"



הרה"ג ר' חיים אהרן אונגער שליט"א

דומ"ץ, סאטמאר
Rabbinical Director A TIME



הרה"ג ר' יהושע הורוויץ שליט"א

מגיד שיעור לאברכים ולבחורי חמד



Mendy Klein

Life Coach, Somatic Practitioner & Activist



George Moskowitz, MD

Drug & Addiction Specialist



ר' אייזיק מיללער הי"ו



ר' יונתן שווארץ הי"ו

וועלט בארימטע בדחן



Meir Landau

Rebetzin Weinberger

of Congregation Aish Kodesh, Woodmere, NY

Batya Ruddell

Novelist, Columnist, Public Speaker

Ruchi Koval

Educator, Motivational Speaker

Bassie Goldman

Renowned Inspirational Lecturer

Sarah Kahan, LCSW

Noted Psychotherapist

Ruchama Bistritzky-Clapman

Founder & Executive Director of MASK

Dina Lebovic, LCMHC

Licensed Mental Health Clinician

Mindy Blumenfeld, LCSW

Binah Columnist, Certified EMDR Therapist & Somatic Practitioner

Leba Schwebel

Co-Founder at Amatz Initiative

OUR ENTERTAINERS



חזן ר'
**יואל
אויש**
הי"ד



**Don
Stern**



**Beri
Weber**



**Shauly
Waldner**



**Shmuly
Hecht**



**Dovy
Meisels**



INFORMATION

Hotel Information

Crowne Plaza Hotel
2701 Summer Street, Stamford, CT 06905

Room Shabbos/Hard Keys

Please return your Room Shabbos/Hard Keys upon check out so that you don't incur additional costs.

Special Guests

We are honored to host many noted scholars, speakers, lecturers and professionals.

Please feel free to engage them in question or conversation to gain clarity, insight and chizuk.

Hechsher

Under strict hashgacha of Tarnopol Kashrus.



Tea Room

Viennese Table located in the Lobby - will be open 24 hours, serving tea, coffee & light refreshments.

Swimming Pool

There will be swimming hours throughout the weekend. Please check the schedule for details.

Medical Emergencies

Please call the front desk and they will dispatch Hatzolah & 911.

Eruv

The entire hotel campus is secured with a kosher Eruv.

Mikvah

There is a Mikvah on premises in the pool area.

Questions

Any questions or concerns please contact Gedalia Miller at 718-578-7799



1:00 pm Hotel Check-in

1:00 – 5:30 Reception Buffet טועמיה

Men: Terrace **Woman: Gazebo**

1:00 – 3:00 Women's Swimming Hours

3:15 – 6:15 Men's Swimming Hours

3:15 – 6:30 מקוה

1:45 – 2:30 **Concurrent Sessions** **#1**

The struggling Yeshiva Bachur:
Identifying the Roots

Rav Yehuda Wagshal

**Nathan
Hale**

A Marriage Made in Heaven
Needs a Lot of Work on Earth

Mrs. Mindy Blumenfeld, LCSW

**Hartford
North**

The "Derech" where all our
struggling & healthy children meet!

*We all share similar needs - let's
get to know them, the Torah Way*

Rav Yitzchok Loebenstein

**Hartford
South**

My journey toward healing,
compassion and understanding

Mrs. Batya Ruddell

**Ethan
Allen**

2:45 – 4:15

Keynote Speech

The Essence of *Shalom Bayis* -
The greatest gift you can give
your child

Rabbi Shimon Russell, LCSW

**State
Ballroom**

4:30 – 5:15 **Concurrent Sessions** **#2**

Five tips to bring your marriage
to a higher level, while going
through challenges

Rav Shloime Ehrlich

**Nathan
Hale**

The Importance of Working on
Your Relationship Under Stress

Rav Shmiel Neiman

**Hartford
North**

Dealing with your childrens'
schools and teachers when
there's a problem at home

Rav Ashi Newman

**Hartford
South**

Continued >

Concurrent Sessions #2 Continued

The Plight of the Sensitive Soul
Rav Shais Taub

State
 Ballroom

What went wrong?
 Understanding and Healing our
 Struggling Youth
Sony Perlman, LMSW

Ethan
 Allen

5:15 pm

Lobby Entertainment



Gazebo
 Area

קבלת שבת

Crowne
 Ballroom

6:15

מנחה

הכנה לתפילה

Rav Yosef Chaim Leifer

לקראת שבת

HaRav Moshe Weinberger

קבלת שבת

Chazan Yoely Ausch

Zingers Choir

8:05 - 8:15

מתוך רוב שמחה

Rav Shulem Kessler

Women's Program

State
 Ballroom

6:15 - 7:00

Harmony in the Home -
 The Priorities

Rav Shais Taub

7:00 - 7:35

Davening

7:00 - 7:35

הדלקת הנרות

Candle Lighting

Lobby
 Entrance



7:35 - 8:10

I Thought I Couldn't but I Did
Mrs. Ruchi Koval

סעודת שבת

International
Ballroom

8:20 pm

סעודת שבת
Seudah
R' Azik Leib Muller



10:10

ברכת המזון
Birchas Hamazon

10:15

ספירת העומר

10:25 - 10:50

My Story: He was there for me!
- Live Testimony

Meir Landau
Rav A. Y. Goldman

Crowne
Ballroom

10:50 - 11:15

Keynote Speech

Rav Shais Taub

Crowne
Ballroom

11:15 - 1:00

טיש

HaRav Moshe Weinberger

Gazebo
Area

11:15 - 1:00

Women's Program

*Kumzits & TED Talks
with Warrior Moms*

Greenwich

Heart to heart - *Dvarim Hayotzim Min Halev*
Mrs. Leba Schwebel
& other special guests

6:00 – 10:30 am מקוה

7:20 SHARP – 9:00 תהילים

Hartford
North

7:15 – 9:00 שחרית מנין א'
Drasha
Rav Yitzchok
Loebastien

Hartford
South

8:15 – 9:00

שיעור חסידות
Rav Yosef
Chaim Leifer

Crowne
Ballroom

דף היומי
Rav Shmiel
Duvid Friedman

Nathan
Hale

8:30 – 10:30 Breakfast

שחרית

Crowne
Ballroom

9:00 am שחרית
Chazan Yoely Ausch
Zingers Choir

Drasha

How Great is the Zchus! - Being Here this Shabbos
Rav Shmiel Duvid Friedman

9:30 – 11:10
Women's Program

State
Ballroom

Here's Your Choice,
Coffee & Chat with the Pros
Sarah Kahan, LCSW
Batya Ruddell
Ruchama Bistritzky-Clapman
and other practitioners

11:10 – 11:45

Pre Mevarchim Message

Mevarchim Iyar -
U'Bizchus Tfillas Rabim
Rav Shais Taub

Crowne
Ballroom

11:45 am - 12:20 pm

קידוש
Kiddush
Men
Women

Terrace

Gazebo

12:30 - 1:30

Panel

How to deal with the feelings of guilt,
that my child's troubles are my fault

Rav Pinchas Friedman
Rav Shmiel Neiman

Crowne
Ballroom

סעודת שבת

International
Ballroom

1:30

סעודת שבת
Seudah
R' Azik Leib Muller



2:50

ברכת המזון
Birchas Hamozon

3:00 - 3:45

Concurrent Sessions #3

And Aharon Was Silent....!

Rav Shea Horowitz

Ethan
Allen

Life through the eyes of your child

Rav Shloime Ehrlich

Hartford
North

Growing up in a World of Today

Rav Yehuda Wagshal

Nathan
Hale

Relationships:

The one who presses our
buttons, needs us the most!

Sarah Kahan, LCSW

State
Ballroom

LADIES
ONLY

4:00 - 6:00 Panel

Moderated by Rav Ashi Newman

Rav Shulem Noach Landau
Rabbi Shimon Russell, LCSW
Rav Yitzchok Loebentien

Crowne
Ballroom

6:00 מנחה מנין א'
*Minchah with Long Krias
 Hatorah - Full Parsha for
 People from Eretz Yisroel*

Nathan
Hale

6:45 - 7:30 • פרקי אבות

Concurrent Sessions #4

Lessons from Tzadikim of Recent
 and Current Generation
Rav Shmiel Duvid Friedman

Crowne
Ballroom

Avos - Our Fathers Were There
 Before Us
Rav Shea Horowitz

Hartford
South

אידיש דער מאן'ס תפקיד אין שטיב
 אפילו ווען ס'איז דא 'סטרעס'
Rav Shmiel Neiman

State
Ballroom

MEN ONLY

7:30 מנחה

Crowne
Ballroom

7:45 סעודה שלישית

Rav Pinchas Friedman
Rav Chaim Aron Ungar

International
Ballroom

**7:00 - Seudah Shlishis
 Women's Pogram**

Round Table Discussions
 Topic of Your Choice

International
Ballroom

7:45 - 8:30

The Good Child
Batya Ruddell

State
Ballroom

8:30 - 9:10 Panel

Inspiration and Practical
 Ideas from Experienced
 Mothers

Blackbelts Speak

State
Ballroom

9:10 Havdalah

State
Ballroom

9:10 מעריב, ספירת העומר

Crowne
Ballroom

9:30 - 10:15

Concurrent Sessions

#5

Shir Hashirim - An Ode to Love
Rav Shea Horowitz

Crowne
Ballroom

Each Child Another Shevet - A
Unique Approach
Rav Shloime Ehrlich

Hartford
North

Six Keys to an Inspired Life
Leba Schwebel

Nathan
Hale

Mizmor L'soda - Dancing to the
Beauty of our song
Bassie Goldman

State
Ballroom

On Their Derech -
The Birth of a Book & Book Signing
Batya Ruddell

Ethan
Allen

In Loving Memory of our dear son **Danny**
דניאל ברנט ברוך בן יהודה ליב
Amy and Yehuda Savitzky

10:15 - 11:15

הבדלה

Dovy Meisels

Acapella Concert & Dancing

Lobby



11:15 **מלוה מלכה**

Melava Malka

זמירות

Greetings

Kesher Nafshi Committee

Two Minute Nuggets

From a few of our Esteemed Speakers

Keynote Speech

HaRav Moshe Weinberger shlit"va

Late Night Surprise

ברכת המזון

What this Shabbos Meant to Me

R' Yonason Schwartz

Dancing

International
Ballroom

6:00 – 10:30 am מקוה

7:00 שחרית מנין א'
7:30 שחרית מנין ב'

Hartford
North
& South

8:00 שחרית מנין ג'
Sing-Along Hallel
Beri Weber

Crowne
Ballroom

8:30 שחרית מנין ד'

Hartford
North

8:00 – 10:00 Breakfast

Lobby



A DAY — IN THE — LIFE — OF — MY CHILD



10:00 - 10:45 Concurrent Sessions #6

When you have NKN, can we count on them?
Rav Yitzchok Loebenstien

Hartford
North

Our journey -
Mastering unpopular tools
R' Mordechai & Sarah Kahan

Nathan
Hale

Is our Child Struggling with Us,
With Hashem, or With
Himself/Herself
Rav Shimon Gruen

Hartford
South

Tikvah -
A Place Where There's Hope
**Yocheved Russell &
Batya Ruddell**

Ethan
Allen

How to Deal with Guilt - **אידיש**
Rav Shmiel Neiman

State
Ballroom

Room Checkout by 12:00

*Coat & Luggage hold area
will be arranged*

11:00 am – 12:15 pm

Keynote Speech

Understanding Your Child -
The Pathway to Healing

Rabbi Shimon Russell, LCSW

**Crowne
Ballroom**

12:30 – 1:20

Concurrent Sessions

#7

How to Relate to Your Child
and be Matzliach

**Rav Shmiel Neiman &
Rav Loebienstien**

**State
Ballroom**

How did we get here?

**Rav Shais Taub &
Sony Perlman, LMSW**

**Crowne
Ballroom**

Closing remarks by:

**Dr. Alberta Montano DiFabio
Clinical Director**

Sc.D., LCADC, CCS, CCJS

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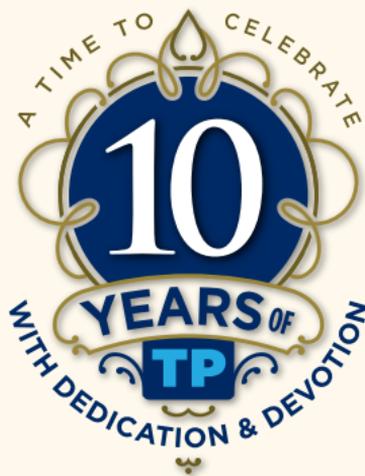
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Avoid Burnout - The Need for
Self Care is as Important as Self
Control

Mendy Klein

**Hartford
North**



1:30 pm
Gala Luncheon

**International
Ballroom**

Celebrating 10 Years of Twisted Parenting

Reception

Keynote Speech
Rav Pinchas Friedman shlit"א

Powerful Real Parent Testimonies

From darkness & despair...
To hope & success!

Chesky Kauftheil



**Honoring the Devotion of
R' @vi Fishoff**

Closing Remarks by
R' @vi Fishoff

**End the Weekend on a High Note:
Special Surprise**

4:00 – 6:00
אסיפת רבנים
Private Session

5:00 צאתכם לשלום

Special Thanks to

We would like to express our sincere gratitude to our esteemed friends whose generosity and commitment, made this event possible.

Yirmy & Mimi Andrusier

Chesky Kaufheil

Leiby & Faiga Leah Landau

Gingy & Mindy Markowitz

Ashi & Juli Newman

Hershel & Zeldy Rosenberg

Yitz & Haddas Rosenbluth

Moshe & Miriam Rosenfeld

Moshe & Sheindel Russel

Amy & Yehuda Savitzky

Dr. Chaim & Miriam Silberberg

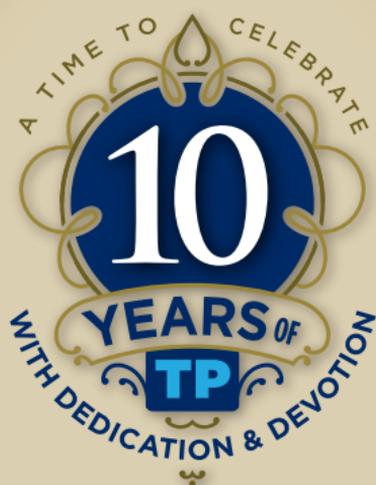
and all other generous contributors

May you be blessed with
געזונט, פרנסה, נחת, עד בלי די!

The Keshar Nafshi Committee



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SELFLESS DEVOTION OF
OUR DEAR BROTHER

@vi

& L'ZCHUS REFUAH SHILAYMAH
OF OUR DEAR FATHER:

ר' ברוך יחיאל בנציון בן מירל

AND IN MEMORY OF
OUR DEAR MOTHER:

מינדל בת ישראל ע"ה

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