



אנש קשורה אנש

EVENT PROGRAM



ARMON

HOTEL + CONFERENCE

STAMFORD, CT

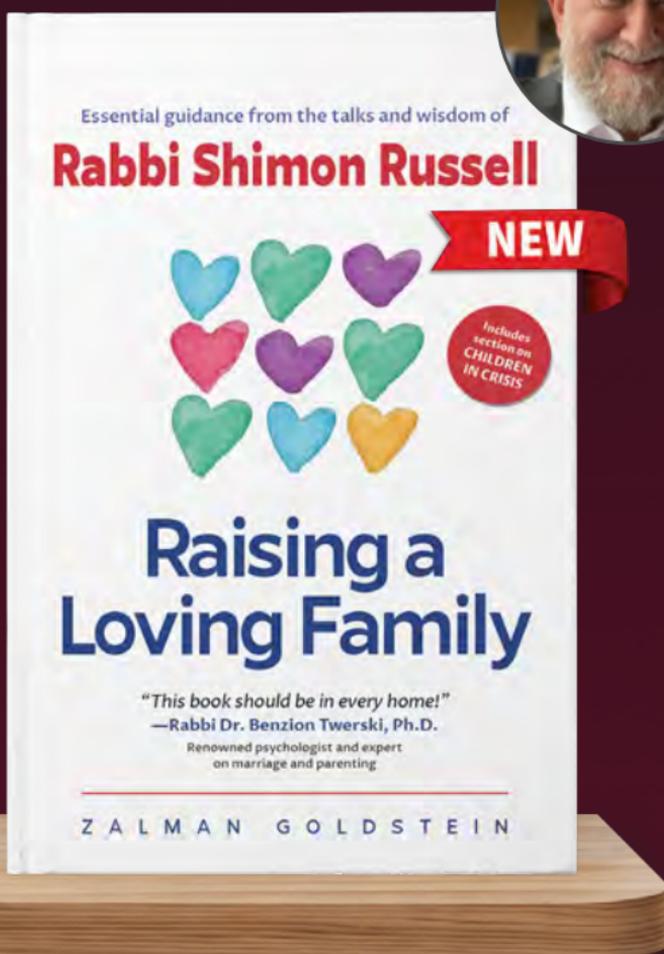
פרשת ויגש, ה'-ח' טבת תשפ"ג

THURSDAY DEC. 29TH, 2022

THRU SUNDAY JAN. 1ST, 2023

(NEW YEAR'S WEEKEND)

JUST RELEASED!



“An extraordinarily valuable book!”
—*Rabbi Aaron Lopiansky*

“This book is outstanding!”
—*Dr. David J. Lieberman*

“A wealth of information!”
—*Sarah Chana Radcliff*

“A must-read!”
—*Rabbi Y.Y. Jacobson*

MORE INFORMATION AT
www.RaisingALovingFamily.com

 DISTRIBUTED BY
FELDEHEIM

Also available on



Apple Books

WELCOME ברוכים הבאים

TO OUR NINTH SHABBATON

Overwhelmed?

Embarrassed?

Happy to be here?

However you feel, please know that we are here for you, and it's all ok. All of our staff members understand you, because they're in the trenches, dealing with the situations that arise when our children are not doing well in the systems that are in place.

At Keshet Nafshi, please look around and notice the camaraderie, the laughter, the joy, and the tears. See the people who are here for the same reason as you. Absorb the collective knowledge, and the amazing chizuk available here.

Please, use this Shabbaton as an opportunity to branch out, make connections, and exchange telephone numbers.

While this weekend lasts only a few days, lifelong friendships with people WHO UNDERSTAND can make this Shabbaton last for so much longer.

PLEASE DO NOT SHARE NAMES OR INFORMATION WITH ANYONE WHO IS NOT PRESENT AT THE SHABBATON.

IF YOU EVEN SEND REGARDS TO SOMEONE AFTER SHABBOS, YOU MIGHT BE RESPONSIBLE FOR A SENSITIVE CHILD HARMING THEMSELVES IN ANGER OR SHAME. PLEASE DO NOT TAKE PICTURES OF ANY PEOPLE, OR CHAS V'SHALOM SHARE THIS WITH ANYONE AFTER SHABBOS!!!



PROTOCOL

The Keshet Nafshi team invited experts, honorary guests and esteemed rabbonim to this memorable event, to share their time and expertise with us. We hope you appreciate their effort and devotion to this Shabbaton's success.

Please help assure that our rabbonim and professionals have an encouraging and memorable experience.

Some rooms may have limited capacity. We suggest that you arrive a few minutes early to get a good seat. Please make your best effort not to disturb sessions. If a session has already begun, do your best not to disturb the session or the participants, as you find a seat.

In all fairness to the speaker(s) and all session attendees, respectfully silence your phones during all sessions.

Many sessions are being recorded to be shared after the event with the entire Klal Yisroel. Avoid walking in front of the recording cameras during sessions. Please be mindful not to disturb the session with noise or conversation. Note and hold your questions until the designated Q&A period if possible, or until after the session.

Whether during a session or in common areas, please be mindful and sensitive of people's privacy concerns, when recording or sharing anything that you've heard, seen or recorded throughout the entire event.

Thank you,

The Keshet Nafshi Team

For future events, visit us online at:

KeshetNafshi.org

The Keshet Nafshi Committee:

Gedalia Miller,
Founder & Producer

Rabbi Shimon Russell,
Director of Training & Development

Chesky Kaufheil,
Executive Advisor

Executive Team:
Shloimie Litzman
Gingy Markowitz
Hershel Rosenberg

Administration Team:

Dassie Bin-Nun
Raizel Feldman
Peshy Friedman
Roizy Kaufman
Mindy Markowitz
Adina Semel

Mens Team:

Mendy Eder
Chaim Feldman
Yisroel Fried
Yanky Goldman
Eli Kaufman
Hainech Korman
Moshe Hersh Rosenfeld
Meir Waks
Yitzchok Meir Walzer

Womens Team:

Rivka Drebin
Shternie Litzman
Chaya Metzger
Chaya Ruchy Mayer
Esther Miller
Chaya Gitty Rosenberg
Pearl Stroh
Esther Walzer

Chicago Team:

Yanky & Rivky Greenberger
Ephraim & Chana Polatsek
Ephraim & Aviva Vilensky

Lakewood Team:

Yisroel & Esther Fried
Binyamin Greenspoon
Usher & Adina Parnes
Simcha & Elana Shain
Binyomin & Bracha Wilhelm

London Team:

Rabbi AY Goldman
Chaim Hoffman
Moshe & Shani Lisser
Chaim Sherer
Yoeli Schwartz

Monsey Team:

Bashy Bleich
Michal Feuer
Heshy & Sure Gitty Weinberger

Waterbury Team:

Dovid & Rivi Friedler

זמנים

Stamford, CT

יום ה' פרשת ויגש - ה' טבת תשפ"ג

3:36	פלג המנחה - גר"א
4:33	שקיעת החמה
5:19	לילה - צאת ג' כוכבים
5:46	לילה - 72 דקות

ערב שבת פרשת ויגש - ו' טבת תשפ"ג

5:50	עלות השחר
6:23	זמן ציצית ותפילין
7:19	נץ החמה
8:53	סוף זמן קריאת שמע - מג"א
9:37	סוף זמן קריאת שמע - גר"א
10:24	סוף זמן תפילה - גר"א
11:56	חצות היום
12:27	מנחה גדולה
3:36	פלג המנחה - גר"א
4:19	הדלקת נרות
4:34	שקיעת החמה
5:20	לילה - צאת ג' כוכבים
5:46	לילה - 72 דקות

שבת קודש פרשת ויגש - ז' טבת תשפ"ג

5:50	עלות השחר
7:19	נץ החמה
8:53	סוף זמן קריאת שמע - מג"א
9:38	סוף זמן קריאת שמע - גר"א
10:24	סוף זמן תפילה - גר"א
11:57	חצות היום
12:27	מנחה גדולה
3:37	פלג המנחה - גר"א
4:35	שקיעת החמה
5:21	לילה - צאת ג' כוכבים
5:47	זמן מוצש"ק - 72 דקות

יום א' פרשת ויחי - ח' טבת תשפ"ג

5:50	עלות השחר
6:23	זמן ציצית ותפילין
7:19	נץ החמה
8:54	סוף זמן קריאת שמע - מג"א
9:38	סוף זמן קריאת שמע - גר"א
10:24	סוף זמן תפילה - גר"א
11:57	חצות היום

INFORMATION

Hotel Information

Armon 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. Schedule will be posted in the Hotel.

Medical Emergencies

For hatzolah related matters call:

Shmuli Hecht: 347-539-9882
Gingy Markowitz: 718-755-3100
Simcha Shain: 732-330-4400

Eruv

The entire hotel campus is secured with a kosher Eruv.

Mikvah

There is a Mikvah on premises in the pool area.



Eli Friedman
PRODUCTIONS

HOTEL MAP

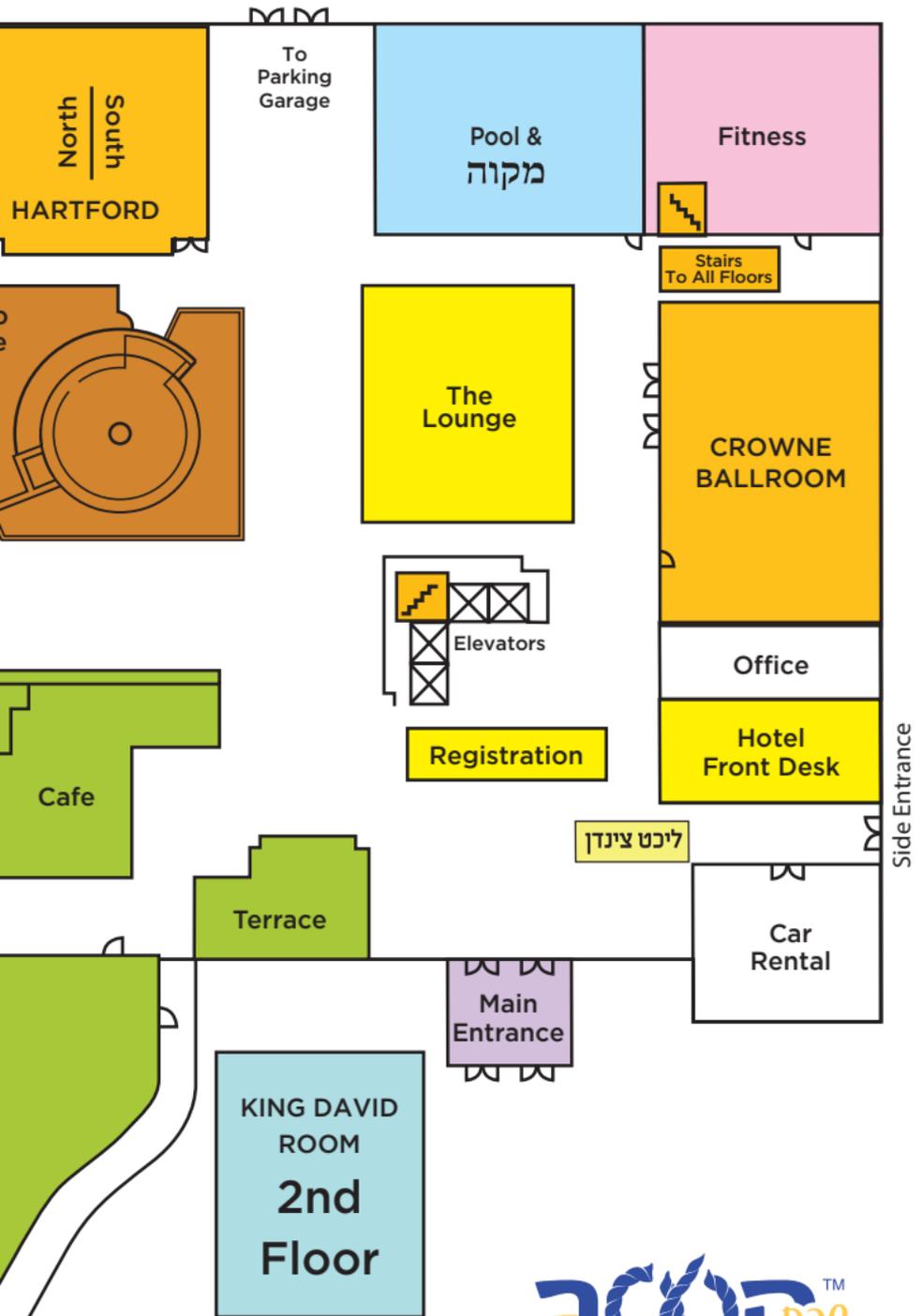


ARMON

HOTEL + CONFERENCE

STAMFORD, CT

PARKING LOT



SPECIAL GUESTS, SPEAKERS,



Rabbi Yaakov Salomon, LCSW
Noted Psychotherapist,
Author and Lecturer



Rabbi Yitzchok Lobenstein
Co founder of Veheishiv,
Lecturer on chinuch,
focusing on parents of challenged teens,
Author of Tinok shenishbar (a broken child)



הרה"ג ר' שמעון
שנייבלג שליט"א



HaRav Gershon Schaffel שליט"א
Rav, Young Israel
of Skokie



Rabbi Daniel Kalish
Rosh Yeshiva
Mesivta of Waterbury



Rabbi Sender Kasziner
Rosh Yeshiva of
Mesivta of Eatontown



Rabbi Bentzion Twerski Ph.D
Psychologist



Jacob L. Freedman MD
Board-Certified Psychiatry
& Psychotherapy,
Author, Columnist



Rabbi Avi Wiesenfeld
Rosh Yeshiva, Beis Dovid,
Yerushalayim



Rabbi Scott Friedman



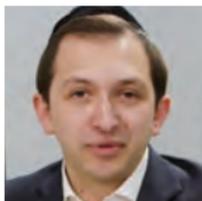
Rabbi Shulem Yakov Wosner
Mechanic & Speaker



Rabbi Shloime Ehrlich
Founder of 'Achim Baderech'
and 'Ohr Layesharim'



David Kohn, LCSW
Director of Clinical Operations,
Ray of Hope



Nesanel Nagelblatt, LSCW
Clinical Outreach Manager,
Recovery at the Crossroads



**Chaim Bin-Nun,
MFT, LPC**



Miriam Israeli
Performer,
Lyricist & Composer
for Women



Batya Ruddell
Novelist, Columnist,
Hamodia Publications
Public Speaker



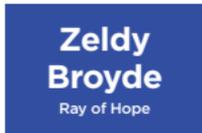
**Sarah Kahan,
LCSW**



**Henchi Goldberg,
LCSW**



Ruchama Bistrisky-Clapman
Founder, MASK



Zeldy Broyde
Ray of Hope

LECTURERS & PROFESSIONALS



הרה"ג ר'
**פנחס יונג
שליט"א**
מנהל רחמי בית רחל, מאנסי



**Rabbi Shimon
Russell, LCSW**
Director of
Training & Development
of Keshar Nafshi



**Rav Hillel
David, shlita**
Rav, Kehal Yeshiva Shaarei Torah,
Chaver Moetzes Gedolei HaTorah



**HaRav Yitzchok
Schwartz Shlit"א**
מרא דאתרא
קהילת ברכות שמואל גבעת זאב, א"י



**Rabbi Zecharia
Fruchthandler**
Parent Advisor,
Author & Lecturer



**Rabbi Shlomo
Usher Tauber**



**Rabbi Yossi
Bensoussan**
Casac, Mashgiach Ruchani
Yeshiva High School of Cleveland



**Rabbi Moshe
Rotberg**
Rav Khal Zichron Yechezkel, Toms River;
Rav of Lakewood Hatzolah;
Director of Crisis Response Team for
Lakewood Hatzolah



**Chesky
Kauftheil**
Founder & Director of
Mishkan Yechezkel



**Mordechai
Weinberger,
LCSW**



**Mayer
Zuckerman**



**Rabbi Reuvain
Mendlowitz**
LCSW Mechanech



**Mendi
Baron, LCSW**
Founder/CEO of
Moriah Behavioral Health



**Shloimie
Zimmerman, Psy.D.**
Clinical Psychologist
Chair, Clinical Advisory Board, Magen New York
Vice Chair, Advisory Board, Amudim



**Binyamin
Greenspoon,
LCSW**
Clinical Director of Nesivos



**Shloimie
Litzman**
Travel Expert



**Rabbi Isaac
Leib Miller**



**Usher
Parnes**
Moderator

THURSDAY • דאנערשטאג

2:00 pm

Check-in

for Pre-conference Workshop & Weekend

2:00 – 5:00

Light Reception

Gazebo &
Cafe Areas

2:45

מנחה

Hartford North

3:00 – 4:00

Roundtable Discussion For
First-Time Attendees

State
Ballroom

Rabbi Shimon & Mrs. Yocheved Russell

3:00 – 5:00

Group Session

Navigating the Journey
As a Family Unit

Crowne
Ballroom

Mayer Zuckerman

Rabbi Zecharia Fruchthandler

3:00 – 5:00

Group Session

Navigating the Journey
On Your Own

Hartford
North

Batya Ruddell

4:15 – 6:45

Open to All:

*Strongly Recommended
for First-Time Attendees*

Crisis Chinuch Training

Divrei Brucha:

HaRav Hillel David

Training:

Rabbi Shimon Russell

International
Ballroom

5:15 – 6:15

Concurrent Sessions

#1

Session 1.1

How To Regain a Healthy
Parental Authority

Rabbi Shlomo Usher Tauber

State
Ballroom

Continued >

THURSDAY • דאנערשטאג

Session 1.2

Balancing Halacha And Psychology

Rabbi Moshe Rotberg

Hartford South

Session 1.3

Chazal's Perspective on Struggling Children

Rabbi Yitzchok Lobenstein

Nathan Hale

Session 1.4

What is Resilience and How is it Acquired

Rabbi Gershon Shaffel

Crowne Ballroom

Session 1.5

Presentation:

Creating A Bonding Experience Through Travel

Shloimie Litzman

Ethan Allen

6:25 - 7:05

Guiding our Sons and Students in the Way of Kedusha

Dr. Shloimie Zimmerman

State Ballroom

6:30 - 7:00

מונימים מעריב

Crowne Ballroom & Hartford North

6:45 - 7:45

Buffet Dinner

Gazebo & Cafe Areas

7:45 - 8:30

Keynote #1

Special Guest Speaker

International Ballroom

8:30 - 10:00

Keynote #2

Forgiveness

Forgiving Yourself: Forgiving Others

Introduction by

Rabbi Yaakov Salomon

Keynote by

Rabbi Shimon Russell

International Ballroom

10:00

ליל שישי

Refreshments

Gazebo & Cafe Areas

Continued >

THURSDAY • דאנערשטאג

10:15

Men's Late-Night Program

ליל שישי Kumzitz

Rabbi Sender Kaszirez

The Lounge

10:15 – 12:00

Women's Late-Night Program

B'rinah Yiktzoru

Opening an Abundance of Brachos & Yeshuos Through Music & Song with:

Miriam Israeli

International Ballroom

FRIDAY • ערב שב"ק

7:30 – 9:15 am

מונינים שחרית

Mikvah Open Until 8:45 am

Crowne Ballroom & Hartford South

8:00 – 10:30

Continental Breakfast

Gazebo & Cafe Areas



Sponsored by:

RECOVERY AT THE
CROSSROADS

Women's Morning Program

8:45 – 9:50

Activity 1

The Art of Therapeutic Writing

Batya Ruddell

State Ballroom

Activity 2

Composing Meaningful Letters

Esty Sprei

Ethan Allen

9:00 – 10:00

Activity 3

Women's Swim

Heated Indoor Pool

10:00 am

Weekend Check-in

Continued >

FRIDAY • ערב שב"ק

9:45 – 11:00 *Concurrent Panel Sessions #1*

Panel Session 1.1

How to Make the Most of the Time We Spend With Hashem's Children

Panelists:

Rabbi Daniel Kalish
Rabbi Sender Kasziner
Rabbi Avi Wiesenfeld

Crowne Ballroom

Panel Session 1.2

Supportive Collaboration vs. Codependency

Panelists:

Nesanel Nagelblatt
Rabbi Tzvi Teichman
Mendi Baron

State Ballroom

11:15 – 12:30

Keynote #3

Forgiveness: Process Session.

A Family's Vibrantly Personal Perspective

Rabbi Shimon & Mrs. Yocheved Russell and Family

International Ballroom

12:30 – 2:45

Reception Buffet טועמ'יה

Gazebo & Cafe Areas

12:45 – 1:30

Concurrent Sessions #2

Session 2.1

The Torah View On "Acceptance" And Why It is Crucial for Self-Healing

Rabbi Shlomo Usher Tauber

Hartford North

Session 2.2

On Addicts & Addictions

Dr. Jacob L. Freedman

Crowne Ballroom

Session 2.3

I Hate You! and other Stories: Helping Your Child Navigate Treatment

Mendi Baron

Nathan Hale

Session 2.4

Suggested for First Time

Attendees: Convert The Blame and Shame Into Gratitude

Rabbi Yitzchok Schwartz

Hartford South

Continued >

FRIDAY • ערב שב"ק

Session 2.5

How to Handle the Setbacks
During Recovery Children Face

Mordechai Weinberger

State
Ballroom

Session 2.6

Resilience and Marriage: How
Truly Listening Builds Resilience

Rabbi Gershon Shaffel

Ethan
Allen

1:45 – 2:30

Concurrent Sessions

#3

Session 3.1

Maintaining Happiness
in The Home

Rabbi Avi Wiesenfeld

Hartford
South

Session 3.2

Act Like the Teacher,
Live Like a Student.

Rabbi Yossi Bensoussan

Crowne
Ballroom

Session 3.3 *YIDDISH*

How to Deal With the Family
and Address Their Shame

Rabbi Shulem Yakov Wosner

Hartford
North

Session 3.4

How to Get Your Tefillos
Answered

Rabbi Yaakov Salomon

State
Ballroom

Session 3.5

Practical Advice and Halachic
Guidance for Families with
Struggling Children

Rabbi Yitzchok Lobenstein

Ethan
Allen

Session 3.6

How to Relate to Children and
Students Effectively

Rabbi Bentzion Twerski

Nathan
Hale

2:45 – 3:30

Concurrent Sessions

#4

Session 4.1

What Are The Neighbors
Thinking? Combatting Shame

Rabbi Reuvain Mendlowitz

Ethan
Allen

Session 4.2

It's ALL My Fault:
Shame & Blame for Kids in Pain

Binyamin Greenspoon

Crowne
Ballroom

Continued >

FRIDAY • ערב שב"ק

Session 4.3 **YIDDISH**

די יסודות פון חינוך
מה בצע כי נהרוג... וכסינו את דמו
הרב שמעון שנייבלג

Hartford
North

Session 4.4

The Healing Power
Of Proper Expectations
Rabbi Shlomo Usher Tauber

Nathan
Hale

Session 4.5

How to Stay Strong When
Everyone Around You is
Falling Apart
Mordechai Weinberger

State
Ballroom

3:30 - 3:50

מזמור שיר - הכנה - ליום השבת
with the Zingers Choir

Lobby



3:45

Early מנחה (Mincha Only)

Hartford
South

4:19

הדלקת הנרות
Candle Lighting

Lobby
Main Entrance



Under no circumstances
should candles be lit in hotel rooms

FRIDAY EVENING • ליל שב"ק

קבלת שבת

4:20 מנחה

דברי ברכה

HaRav Hillel David

Crowne
Ballroom

4:50 קבלת שבת

Renowned Chazan

Meir Burach Kohn

and the Zingers Choir

דברי ברכה

Rabbi Yitzchok Schwartz



Continued >

FRIDAY EVENING • ליל שב"ק

4:30 – 6:15

**Women's Kabalas Shabbos
& Program**

קבלת שבת

with Miriam Israeli

Welcome to Keshar Nafshi #9

Pearl Stroh

Finding Joy in My Journey

Sura Gitty Weingarten

**State
Ballroom**

6:30 – 8:30

סעודת ליל שבת

Zmiros

The Zingers Choir

Divrei Torah

Rabbi Gershon Schaffel

Pearls of Wisdom

Rabbi Isaac Leib Miller

Share My Story

Mayer Zuckerman

Smiling Through the Tears

**International
Ballrooms**



8:45 – 9:30

Concurrent Sessions

#5

Session 5.1

18 Tips for a Great Marriage

Rabbi Yaakov Salomon

**Hartford
South**

Session 5.2

My Encounters With
Traumatized Children & What
Every Parent Needs to Know

Rabbi Shulem Yakov Wosner

**Hartford
North**

Session 5.3

What Psychiatrists Can
Offer Families

Dr. Jacob L. Freedman

**State
Ballroom**

Session 5.4

There is Hope:
Chizuk from the Trenches

Rabbi Yitzchok Lobenstein

**Ethan
Allen**

Session 5.5

Special Women-Only Session

Keeping Our Marriages Strong
During Challenging Times

Sarah Kahan

**Crowne
Ballroom**

Continued >

FRIDAY EVENING • ליל שב"ק

9:45 – 10:30 *Concurrent Panel Sessions #2*

Panel Session 2.1

The Family:
Proximity vs. Proactivity

Panelists:

Rabbi Yossi Bensoussan
Mordechai Weinberger

State
Ballroom

Panel Session 2.2

Dealing With Trauma:
From Coping to Healing

Panelists:

Dovid Kohn
Zeldy Broyde, *Ray of Hope*

Hartford
North

10:45 – 11:45

Keynote Panel

Panelists:

Rabbi Yossi Bensoussan
Ezy Finkel
Dani Bin-Nun

Moderator:

Usher Parnes

International
Ballroom

11:45

Men - Bota

Accompanied by
The Zingers Choir



Gazebo

Women - Oneg Shabbos

Real Conversations
The Ultimate Power Networking

State
Ballroom

SHABBOS • יום שבת

8:00 am

Earlier שחרית

Light Kiddush-Breakfast
After Davening

Hartford South

Cafe

8:00 - 8:30 • שיעורי תורה

Daf Yomi (bring along your gemara)

Rabbi Yitzchok Schwartz

Chassidus
הרב שמעון שנייבלג

Cafe

Gazebo

Continued >

SHABBOS • יום שבת

8:30

שחרית Main Minyan

Renowned Chazan
Meir Burach Kohn
and the **Zingers Choir**

דברי ברכה

Rabbi Gershon Shaffel

בעל קורא

Rabbi Yaakov Bleich

Crowne
Ballroom



10:00

שחרית נוסח חב"ד

Hartford
North

9:30 - 10:30

Roundtable Discussions
With our Professionals

Yocheved Russell

Sarah Kahan

Zeldy Broyde

Henchi Goldberg

Batya Ruddell

Dina Lebovic

& Others

King David
2nd Floor

11:30 - 12:20

Lavish Kiddush

Men

Women

Cafe

Gazebo

12:30 - 1:15

Concurrent Sessions

#6

Session 6.1

Chabad Farbrenge

(After Kiddush)

Nathan
Hale

Session 6.2

Is It Fair to the Other Children?

Rabbi Shloime Ehrlich

Hartford
North

Session 6.3

Walking It Alone

Rabbi Bentzion Twerski

Crowne
Ballroom

Session 6.4

How Keshar Nafshi Helped Me
Help Others

Rabbi Shulem Yakov Wosner

State
Ballroom

Continued >

SHABBOS • יום שבת

Session 6.5

Cultivating Healthy Ruchnius
for Families in Crisis

Rabbi Yitzchok Schwartz

Ethan
Allen

Session 6.6

Developing a Therapeutic
Relationship

Chaim Bin-Nun

Hartford
South

1:15

Early מנחה #1

Crowne
Ballroom

1:15 - 2:45

סעודת שבת

Zmiros

The Zingers Choir

It's ALL from Hashem

Rabbi Avi Wiesenfeld

International
Ballrooms



2:45

Early מנחה #2

Crowne
Ballroom

3:00

Panel Discussion

True Family Support:
Dealing With ALL the Kids

Rabbi Yossi Bensoussan

Rabbi Scott Friedman

Binyamin Greenspoon

Rabbi Shlomo Usher Tauber

Moderator:

Usher Parnes

International
Ballrooms

3:00 - 4:45

The Next Level:

A Special Session

*This special session will be ONLY for Members of
the KN family for 3+ years*

Rabbi Shimon &

Mrs. Yocheved Russell

Crowne
Ballroom

4:50

מנחה וסעודה שלישית

זמירות ודברי תורה

6:45 מעריב

Men

Crowne
Ballroom
&
Lounge

Continued >

SHABBOS • יום שבת

4:50 – 6:45

Women's Seuda Shlishis & Program

Becoming Your Child's Best Cheerleader

Batya Ruddell

Pearls of Wisdom from Passionate Mothers

Women's Panel

State Ballroom & Adjoining Lobby

5:47 זמן מוצאי שבת קודש
(72 Minutes)

מוצאי שבת

7:30

הבדלה Grand

Featuring:

Beri Weber

& The **Zingers Choir**

Divrei Brucha:

Rabbi Chesky Kaufheil



Main Lobby

FIRESIDE CHAT

Join Keshar Nafshi Live!

Featuring:

All Our Speakers & Professionals

Hosted by:

Usher Parnes

Main Lobby

8:00 – 8:45

Concurrent Sessions

#7

Session 7.1

Shalom Bayis:

The Greatest Parenting Tool

Rabbi Bentzion Twerski

Session 7.2

A Positive Home

Is a Happy Home

Rabbi Avi Wiesenfeld

Hartford North

Crowne Ballroom

Continued >

מוצאי שבת

Session 7.3

Giftng Your Child Genuine
Positivity & Courage Through
Your Strength

Mordechai Weinberger

State
Ballroom

Session 7.4

It's About Love and Loyalty
Today and Always

Henchi Goldberg

Nathan
Hale

Session 7.5

Ask the Rabbi

Rabbi Yitzchok Schwartz

Rabbi Gershon Schaffel

Moderator:

Shloime Litzman

Hartford
South

Session 7.6

Accept Yourself
to Accept Your Child

Rabbi Scott Friedman

Hartford
North

8:45 – 9:45

**Mental Health Professional
Session**

Sendy Ornstein & Team

Crowne
Ballroom

Resolve
THE COMMUNITY RESOURCE FOR STRONGER MEN

10:00

מלוה מלכה Melava Malka

*Transforming Our Pain and Tears
into Harmony and Song:*

An Inspiring Musical Journey

Relived by:

Hershel Rosenberg

Performed by:

Beri Weber

Shmueli Ungar

Hershy Weinberger

Moshe Kraus

Surprise Guest

Zemiros by:

Lev Choir

Dvar Hamoised:

Rabbi Gedalia Miller

Speakers:

Rabbi Avi Wiesenfeld

Rabbi Yossi Bensoussan

International
Ballrooms



SUNDAY • זונטאג

7:00 and on
מונימים שחרית

Crowne Ballroom
& Hartford Rooms

9:00 – 11:00
Continental Breakfast

Gazebo
& Cafe

9:00 – 10:00
Conference of Rabbanim
& Professionals

King David
2nd Floor

Closed Session

Address by:

R' Gedalia Miller

10:00 – 10:45

Concurrent Sessions

#8

Session 8.1

What The Parents Should
Think

Rabbi Reuvain Mendlowitz

Hartford
South

Session 8.2

*Suggested for First Time
Attendees:*

Get Over The Pain
And Embrace The Gain
- The Torah Guide to
"Survive and Thrive"

Rabbi Yitzchok Schwartz

Hartford
North

Session 8.3

The Single Parent:
You are Never Walking Alone

Rabbi Shloime Ehrlich

Nathan
Hale

Session 8.4

Lessons from Our Years
in the Trenches

Sarah Kahan

Ruchama Bistrisky-Clapman

State
Ballroom

**Hotel
Checkout
11:00am & on**

Continued >

SUNDAY • זונטאג

11:00 – 12:00

Concurrent Sessions

#9

Session 9.1

Reframing our Worldview,
and the “Halo Effect”

Chaim Bin-nun

Hartford
North

Session 9.2 *YIDDISH*

בין כך ובין כך קרויים בניים
הרב שמעון שנייבלג

Ethan
Allen

Session 9.3

Parents Also Need a Break,
But How?

Rabbi Shloime Ehrlich

Hartford
South

12:15

Buffet Lunch

International
Ballrooms

Real People Real Stories:

How Our Children Elevate Our Lives

Parents Sharing:

Rabbi Isaac Leib Miller

Shloimie Litzman

Sim Shain

and Others

2:00

מנחה

Hartford
Rooms

3:00

Event Conclusion

צאתכם לשלום



A special thanks to

@vi Fishoff

for helping Keshar Nafshi by inviting world-renowned Rabbonim and speakers to our events, enabling our organization to get to where we are today.



@vi Fishoff

Master KiPologist

Founder & Director

Home

Home

TWISTED PARENTING!

KN9 NAVIGATION for YOUR SOUL

RESUSCITATION for YOUR SOUL

Special Thanks to:

Chaim Bin-nun
Bentzion Brunner
BizBuzz
Ezy Finkel
Eli Friedman & Staff
Meir Burach Kohn
Moshe Kraus, MK Productions
Shloimy Mayer
Moishy Miller
Abi Miller
Sarah Miller Gips, Party Planner
AD Metzger
Ezra Neuman
MD Neuman
Benny Raskin
Yiddy Rosenberg
Hershy Rosner
Hershy Sabel
Ezi Semel
Don Stern
Hershy Walzer
Moishy Weiss
Chaya Baila Weinfeld
Torah Anytime
Zingers Chior
Blimie Fisher, Siblings Director
Zahava Ghori, Siblings Director

**And the Rabbonim, Professionals,
and speakers who have dedicated
their time to make KN9
an informative and uplifting event.**

May you be blessed with

!געזונט, פרנסה, נחת, עד בלי די!

The Keshar Nafshi Committee

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Girls Only KN Siblings PROGRAM

GIRLS POOL HOURS

Friday

12:00pm – 1:00pm

Motzei Shabbos

10:00pm – 11:00pm

Sunday

9:00 – 10:00am

FRIDAY AFTERNOON

11:00 – 12:00
Weekend Check-in

The Greenwich

12:00 – 1:00

Activity 1:
Swimming

Activity 2:
Bracelet Craft

1:20 – 2:00
Welcome Reception

Speaker:
Zahava Ghoori

Activity:
Get My Siddur

2:00
Reception Buffet
טוענייה

Breakfast Area

2:30
Activity 1:
Game Time

Activity 2:
Bracelet Craft

3:00 – 4:15
Hachuna L'Shabbos
הכנה לשבת

FRIDAY NIGHT

4:15 הדלקת הנרות
Candle Lighting

The Greenwich



זמן שבת: 4:19

Under no circumstances should candles be lit in hotel rooms

4:30 – 5:30
קבלת שבת

The Greenwich

Mincha & Kabbolas Shabbos Program
Davening & Singing

With:
Shaindy Plotzker

Speaker - Group 1:
Zeldy Brojde

Speaker - Group 2:
Shaindy Plotzker

6:30 – 8:30
סעודת ליל שבת
Seudas Leil Shabbos

The Greenwich

Speaker:
Batya Ruddell • 20 Minutes

Zmiros and Song With:
Shaindy Plotzker

9:30-11:30
Oneg Shabbos

The Greenwich

Game Time
Share my Story

Song With:
Shaindy Plotzker

SHABBOS MORNING

9:00 – 10:30
Breakfast

Breakfast Area

10:15 – 11:00 Davening

The Greenwich

11:30 – 12:20 Kiddush

Words of Inspiration by:
Rabbi Yossi Bensoussan

SHABBOS AFTERNOON

1:15 – 2:30
סעודת שבת
Seudat Shabbos

The Greenwich

Speaker:
Henchi Goldberg

Speaker:
Rabbi Shlomo Usher Tauber

2:30 – 3:15
Live Demonstration:
How to Deal with Your Challenge

The Greenwich

Speaker:
Mordechai Weinberger

3:15 – 4:00
Game Time

4:00 – 4:45

The Greenwich

Speaker:
Rabbi Scott Friedman

4:50 – 6:45
Mincha & Shalosh Seudos

Breakfast Area

5:47
זמן מוצאי שבת קודש
Zman Motzei Shabbos

MOTZEI SHABBOS

7:30
הבדלה
Havdalah

The Greenwich

8:15 – 10:00

Craft:
Painting

10:00 – 12:00
Melava Malka

The Greenwich

Speaker: Rabbi A.Y Goldman

Speaker: Sura Gitty Weingarten

Song & Dance with:

Shaindy Plotzker

Miriam Israeli

Guitar played by: Ety Landau

SUNDAY

8:30 – 10:30
Breakfast

Breakfast Area

11:00
Davening

Hotel Checkout - 11:00am

12:00 – 12:30

The Greenwich

Speaker:
Rabbi Shimon &
Mrs. Yocheved Russell

1:00 – 3:00
Farewell
Lunch

Breakfast Area

צאתכם לשלום

MASK

MOTHERS AND FATHERS ALIGNED SAVING KIDS

RADIO SHOW
620AM
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UNDERSTANDING

3
Steps

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and others**

**Raise awareness,
make a difference**

**See the person
not the illness**



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