





שבת פרשת קרח **ר"ח - ג' תמוז תשפ"א** Thursday June 10th thru Sunday June 13th, 2021

EVENT PROGRAM



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

Dassie Bin-Nun • Roizy Kaufman Shternie Litzman • Mindy Markowitz Chaya Ruchy Mayer • Chaya Metzger Chaya Gitty Rosenberg • Pearl Stroh • Esther Walzer

For future events, visit us online at: **KesherNafshi.org**

ברוכים הבאים

PROTOCOL

The Kesher 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 Kesher Nafshi Team



(866)LIVE120



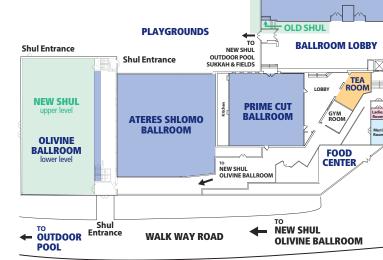
The Company You Keep*





לזכות משפחתו החשובה ולזכות כל המשתתפים ולזכות כלל ישראל

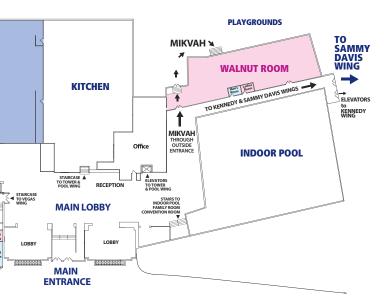








HOTEL MAP



MAIN ENTRANCE ROAD

Pool Hours

THURSDAY

2:00 - 6:00pm Women 6:00 - 12:00am Men

FRIDAY

7:00am - 2:00pm Women 2:00 - 7:00pm Men

מוצאי שבת

10:00pm - 12:00am Women 12:00 - 4:00am Men

SUNDAY

7:00 - 10:00am Men 10:00 - 1:00pm Women

SPECIAL GUESTS, SPEAKERS,



Rabbi YY Jacobson Founder & Director of The Yeshiva.net



ישחק לובינשטיין שליט״א חבר בית דין ובית הוראה וראש הכולל בקרית ספר



Rabbi Yaakov Salomon, Lcsw Noted Psychotherapist, Author and Lecturer



Rabbi Bentzion Twerski Ph.D



Shuli Halpert Gesher L'Yeshivos





הרב מוטה פראנק שליט״א



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

Rabbi

Benzion

Klatzko

הרה"ג ר'

יהושע הורוויץ

שליט״א

מגיד שיעור לאברכים ולבחורי חמד

Rabbi Sruli

Bistritz

Faith

Niece.

M.A., LMHC,

LMFT, CSAT

Dire

ctor of Resolve

Fou



שלום קעסלער שליט״א מנהל רוחני בישיבת בני ציון באבוב



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



Rabbi Yom Tov Glaser The Possible You



Rabbi Shloime Ehrlich



Chaim Bin-Nun, MFT, LPC

Sarah Kahan, LCSW

6

LECTURERS & PROFESSIONALS -



OVI Fishoff Master KiPologist Romeder & Director Home SWREEEET Home VISTED PARENTINGI OPSINAVIGATION for YOUR SOUL CPRI RESUSCITATION for YOUR SOUL



Chesky Kauftheil



^{הרה״ג רי} **שמואל ניימאן** שליט״א



Rabbi Aryeh Royde



Akiva Perlman, Ph.D. Trauma & Addiction Specialist



Rabbi Shimon Russell, Lcsw

Rabbi Zecharia

Fruchthandler

Parent Advisor, Author & Lecturer

Rabbi Mordechai

Shain

הרב

מרדכי ווייס

שליט״א

מנהל "שמע בני

Sony Perlman, LMSW

Mindy

Blumenfeld,

LCSW

and Director of on the Palisado



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



הרה"ג ר' שמואל דוד פרידמאן שליט"א מגיד שיעור ד"ף היומי ופרקי אבות ומתבר ספר "בדידי הווה עובדא"



Rabbi Daniel Mechanic Director of Project Chazon



Rabbi Reuvain Mendlowitz LCSW



Mendi Baron, LCSW Founder/CEO of Ignite Teen Treatment Centers





- זמנים -South Fallsburg, NY

יום ה' פרשת קרח - אדר"ח תמוז תשפ"א

6:58	פלג המנחה - גר״א
8:32	שקיעת החמה
9:24	לילה - צאת ג׳ כוכבים
9:44	לילה - 72 דקות

ערב שבת פרשת קרח - בדר"ח תמוז תשפ"א

4:12	עלות השחר
4:19	זמן ציצית ותפילין
5:23	נץ החמה
8:15	סוף זמן קריאת שמע - מג״א
9:10	סוף זמן קריאת שמע - גר״א
10:26	סוף זמן תפילה - גר״א
12:58	חצות היום
1:36	מנחה גדולה
6:58	פלג המנחה - גר״א
8:15	הדלקת נרות
8:33	שקיעת החמה
9:24	לילה - צאת ג׳ כוכבים
9:45	לילה - 72 דקות

שבת קודש פרשת קרח - ב' תמוז תשפ"א

4:12	עלות השחר
5:23	נץ החמה
8:14	סוף זמן קריאת שמע - מג״א
9:11	סוף זמן קריאת שמע - גר״א
10:26	סוף זמן תפילה - גר״א
12:58	חצות היום
1:36	מנחה גדולה
6:58	פלג המנחה - גר״א
8:33	שקיעת החמה
9:25	לילה - צאת ג׳ כוכבים
9:45	זמן מוצש"ק - 72 דקות

יום א' פרשת חקת - ג' תמוז תשפ"א

4:12	עלות השחר
4:19	זמן ציצית ותפילין
5:23	נץ החמה
8:14	סוף זמן קריאת שמע - מג״א
9:11	סוף זמן קריאת שמע - גר״א
10:26	סוף זמן תפילה - גר״א
12:58	חצות היום

INFORMATION

Hotel Information

Raleigh Hotel & Cottages 243 Heiden Rd, South Fallsburg, NY 12779 phone. 845-434-7000

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 Rabbi Yechiel Babad, shlit"a.

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 HATZOLOH Directly! 718-230 1000 or 718-387-1750

and say: "WE ARE IN THE RALEIGH HOTEL IN SOUTH FALLSBURG, ROOM NUMBER ______".

Non-Emergency Situations Call Gingy at: 718-755-3100

Eruv

The entire hotel campus is secured with a kosher eruv.

Mikvah

There is a mikvah on premises.

Questions

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



THURSDAY • דאנערשטאג —

2:00	Check-in	
2:00 - 7:00	Light Reception	Prime Cut
3:30 - 4:30	Sessions	#1
Session 1.1 Women's Se Roundtable D women only Rabbi Shimo		Main Ballroom
<i>Session 1.2</i> My Hashkafa with Famous Rabbi Daniel	Hollywood Stars	Prime Cut
5:00 - 6:30	Sessions	#2
<i>Session 2.1</i> Your Inner-Cl - <i>Couple Seatin</i> Rabbi Yom Te	ng -	Old Shul
Session 2.2 Lessons From Real People, I Sony Perima Nesanel Nage Chaim Bin-Ne	n Addiction - Real Stories, Real I n elblat	Prime Cut mpact
6:30 - 7:45 Buffet Dinne	er	Olivine Ballroom
ם שלום ני״ו מוז תשנ״ז לפ״ק Sponsored	נפש יקרה ועדינה בת יבלח״ט אברהו ביום שבת קודש - אדר״ח ח by her loving pa nie & Rivko	دלב"ע rents
8:00 - 9:30 <i>Keynote S</i> What Does H		Main Shul

What Does Hashem Really Want From Me Rabbi YY Jacobson

THURSDAY • דאנערשטאג

9:30 Hot Buffet 9:30 Late Night		Ateres Shlomo Ballroom
Ourselves Conducte Batya Ru	Collage - Expre 5 Using Open-Er ed by:	
Men's Tr 9:45 10:00 Men's Ku Rav Mota Featuring Eli Beer	מעריב mzitz a Frank	Main Lobby

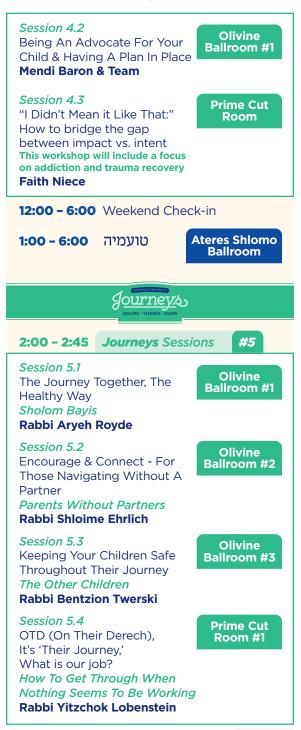
FRIDAY • ערב שב"ק

8:00 - 12:00 **Ateres Shlomo** Ballroom **Continental Breakfast** Sponsored by: RECOVERY AT THE CROSSROADS Meet & Greet Dr. Alberta Montano Difabio. Clinical Director of Crossroads Women's Track: 8:30 - 9:30 Olivine Ballroom #3 Yoga with Katie Hoss (Please bring a towel) 9:30 - 11:00 Walnut Canvas Art Room with Laya Heilpern The Hobbyhouse

FRIDAY • ערב שב"ק –

Men's Track: 8:00 - 9:30 שחרית ראש חודש Hallel with Eli Beer 9:30 - 10:50 שעודת ראש חודש Rav Mota Frank Featuring: Eli Beer		Main Shul Ateres Shlomo Ballroom
10:50 - 12:00 Ses	sions	#3
Session 3.1 What does the add hear that will make decide to get help? Sony Perlman	them	Prime Cut Room #1
Session 3.2 The Secret to Keep Children On The De Rabbi Daniel Mech	erech	Prime Cut Room #2
Session 3.3 Golden Oldies Roundtable Discuss Rabbi Shimon Russ Audience		Old Shul
<i>Session 3.4</i> Breaking Out Of Yo Personal Exile Rabbi Yom Tov Gla		Olivine Ballroom #1
Session 3.5 What are we doing therapy? The ABC's XYZ's of treatment. Sarah Kahan & Mindy Blumenfeld	and	Olivine Ballroom #3
12:00 - 1:15 Sessi	ons	#4
<i>Session 4.1</i> Spot the Signs of E Illness Before it Lea Other Issues Sony Perlman		Olivine Ballroom #3
0 11101 1000100		Continued

FRIDAY • ערב שב"ק



FRIDAY • ערב שב"ק –

Session 5.5 When Friends are a Bad Influence. What can Parents do? Rabbi Reuvain Mendlowitz Session 5.6 Therapeutic writing: finding clarity and comfort amidst confusion Conducted by: Mindy Blumenfeld and Batya Ruddell	Prime Cut Room #2 Walnut Room SESSION BEGINS 1:45
3:00 - 4:30 <i>Kickoff Keynote Session</i> Our Journey <i>What We Learnt On The Way</i> Rabbi Shimon Russell	Main Shul
5:00 - 5:45 Sessions	#6
Session 6.1 Living In The Moment The Antidote To Anxiety Rabbi Yom Tov Glaser Session 6.2	Olivine Ballroom #1
Responding To Our Children's Challenging Questions Rabbi Daniel Mechanic	Olivine Ballroom #2
<i>Session 6.3</i> Pain, Guilt, and the Power to move on! Rabbi Shea Horovitz	Olivine Ballroom #3
<i>Session 6.4</i> How to get your Tefillos Answered Rabbi Yaakov Salomon	Old Shul
Session 6.5 The Fundamentals of At Risk Behavior What our children are really trying Akiya Perlman	Prime Cut Room #2
Session 6.6 Everyone is on Their Own Journey - Oh Can I Tell You stories! Rabbi Benzion Klatzko	Prime Cut Room #1

FRIDAY • ערב שב"ק

6:15 - 7:00

Concert The Spirit of Shabbos Come Ready for Shabbos Rabbi Yom Tov Glaser Rabbi Yaakov Salomon





– FRIDAY EVENING • ליל שב״ק

קבלת שבת

מנחה 7:00

ברוכים הבאים - דבר המוסד **R' Gedalia Miller** Founder of Kesher Nafshi

דברי ברכה Rav Hillel David, shlit"a

קבלת שבת Renowned Chazan Yoel Ausch & the Zingers Choir



Main <u>Sh</u>ul

דרשה Rabbi Sholom Noach Landau No One Is On This Journey Alone

מתוך רוב שמחה **Rabbi Aryeh Royde** This Shabbos, will Provide the Fuel for our Journey

הדלקת הנרות

Candle Lighting

מעריב

8:15

Women's Track:

7:15 As We Prepare to Bentch Lecht Rabbi Benzion Klatzko Prime Cut Room

Ballroom

Lobby

Under no circumstances should candles be lit in hotel rooms

- ליל שב"ק • FRIDAY EVENING

Walnut Room

Main Ballroom

ינגערס

Women's Track:

8:15

קבלת שבת You Are a Lighthouse! Navigating your journey through the fog.

Welcome to Shabbos Kesher Nafshi #4 **Pearl Stroh**

Greetings from our professionals and speakers

סעודת שבת

9:15 - 10:45 A Beautiful Seudah Featuring Divrei Torah & Zmiros

Pearls of Wisdom **R' Isaac Leib Miller**

Sponsored by Naftali & Chanie Einhorn



יום שבת • SHABBOS

8:00

Daf Yomi Harav Shmiel Dovid Friedman

8:00

Shiur Chassidus Likkutei Torah of the Alter Rebbe on Parshas Korach

Topic: Why do we need to daven every day if on Rosh Hashana Hashem has already decided how much health, wealth and sustenance we will have? **Rabbi Mordechai Shain**

8:00 Men's Breakfast

<mark>8:00</mark> שחרית Early Minyan

Featuring Words of Inspiration by **Rav Yitzchok Lobenstein**

10:15

Kiddush for Early Minyan Milchig

8:50 שחרית

Main Minyan Renowned Chazan Yoel Ausch & the Zingers Choir

Featuring Words of Inspiration by Rabbi Benzion Klatzko

10:00 שחרית נוסח חב"ד

8:30 - 11:30 At Women's Program: Women's Breakfast until 11:00

Coffee and Inspiration

9:30 Give Yourself a Round of Applause *Presenter:* **Faiga Leah Landau**

10:15 I know my Kids Are Hurting...So Am I

Presenter: Dina Lebovic



Main

Shul



Small Shul

Prime Cut





Small Shul

Ateres Shlomo Ballroom

יום שבת • SHABBOS



• יום שבת • SHABBOS

Session 8.5 Be Aware of Rabbi Google Why 'Everyone' Needs a Rabbi Rabbi Aryeh Royde

סעודת שבת

1:45 - 3:30 *A Beautiful Seudah Featuring Divrei Torah & Zmiros*

Pearls of Wisdom **R' Isaac Leib Miller**



Prime Cut

Room #1





Session 9.1 Chinuch for the in-between Stages (2 & 3) Panel: Rabbi Reuvain Mendlowitz Rabbi Zecharia Fruchthandler Rabbi Shea Horovitz

Continued >

Olivine

Ballroom #1

- יום שבת • SHABBOS

<i>Session 9.2</i> What Happened To Our Plans & Dreams From Under The Chuppah Rabbi Benzion Klatzko	Olivine Ballroom #2
Session 9.3 Rising Through Turbulence A personal journey we can all get inspired from Rabbi Shloime Ehrlich	Olivine Ballroom #3
Session 9.4 What the pros learned from the parents Rav Yitzchok Lobenstein R' Chaim Bin-Nun	Prime Cut Room #1
Session 9.5 Women's Session From my Students I Learned the Most Batya Ruddell	Prime Cut Room #2
6:30 - 8:00 Panels	#10
Panel 10.1 The Other Side of the Story from Their Perspective Learn what today's kids experience through the school systems. Panel: Rabbi Aryeh Royde Rabbi Reuvain Mendlowitz Rabbi Shea Horovitz Moderator: Rabbi Usher Parne	
Panel 10.2 Asking for a Friend Stump the Rabbis Panel: Rabbi Yaakov Salomon Rabbi Yom Tov Glaser Rabbi Daniel Mechanic Rabbi Benzion Klatzko	Main Shul

SHABBOS • יום שבת

Women's Track: Walnut Room 8:15 סעודה שלישית 8:30 Connecting to the Creator through our children **Batya Rudell** 9:30 Women to Women: Let it rip! A panel of female professionals will answer questions on topics that affect our journey. Please submit questions prior in the envelopes available at the welcome desk. Men's Track: Main Shul 8:15 מנחה 8:40 **Ateres Shlomo** Ballroom סעודה שלישית Harav Shmiel Dovid Friedman 9:45 ברכת המזוו מעריב

9:45 זמן מוצאי שבת קודש (72 Minutes)

מוצאי שבת

10:00 - 10:45 Olivine **Men's Session** Ballroom #3 Melech **Rabbi Yom Toy Glaser** 10:15 - 12:00 Main Lobby **Fireside Chat** Fireplace Shabbaton Takeaways from our Professionals & Speakers Moderated by: Rabbi Usher Parness 10:50 - 11:15 Main Grand הבדלה ינגערס Shul

מוצאי שבת

11:15 - 12:00 Sessions	#11
Session 11.1 Raising Inspiring Children In a Very Uninspiring World Rabbi Daniel Mechanic	Olivine Ballroom #1
Session 11.2 What my Father Taught me Important Lessons from the life and works of Rabbi Twerski z"I Rabbi Bentzion Twerski Session 11.3	Olivine Ballroom #2
A personal look at trauma and how it affects our lives Akiva Perlman Session 11.4	Olivine Ballroom #3
Creating a Bonding Experience Thru Travel - <i>Presentation</i> Shloimy Litzman	Prime Cut Room #1
12:00 מלוה מלכה Gala Melava Malka	Main Ballroom
A Rich Program Honoring Rabbi Shimon & Yocheved Russell	HERS Irnal 32 Heart 1933
Note: Due to the overwhelming response and to accommodate those wishing to express heartfelt appreciation to Rabbi and Mrs. Ru printer's deadline, we will be sending out a journal shortly after the Shabbaton.	issell after the
דבר המוסד R' Gedalia Miller	
Keynote: Rabbi Sholom Noach Landau	
Rabbi Shimon Russell	
Rabbi Chesky Kauftheil	
Followed by: Lipa Schmeltzer	
Sponsored by	
Esther Reizes & C	

SUNDAY • זונטאג

7:30 – 9:30 מנינים שחרית All Shuls
8:15 Daf Yomi - English Rav Yitzchok Lobenstein 8:30 - 10:30
Breakfast Main Ballroom
10:45 - 11:30 Sessions #12
Panel 12.1 Rabbonim Answering your Neighbor's Questions Halacha, Minhagim & Hashkafa Panel: Rav Shmiel Neiman Rav Yitzchok Lobenstein
Session 12.2 Seeing our Children through their Perspective It will only make our Journey with them more effective Rabbi Shloime Ehrlich
Session 12.3 Please Let Hashem Run the World Rabbi Aryeh Royde
Hotel Checkout 10:00am & on
12:00 - 1:30Main ShulTouchdown Keynote SessionMain ShulWhat's Next?When things are not ChangingWhen things are not ChangingRabbi Shimon Russell
1:00 - 3:00 Lunch Main Ballroom
צאתכם לשלום



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

> Yirmy & Mimi Andrusier Dassie Bin-nun Naftali & Chanie Einhorn Eli Friedman & Staff Duvv Greenbaum **Chesky Kauftheil** Eli & Roizy Kaufman Leiby & Faiga Leah Landau **Mendy Lerner** R' Avrum A. Leser Shloimv & Shternie Litzman **Gingy & Mindy Markowitz** Benny Raskin Hershel & Zeldy Rosenberg Yitz & Haddas Rosenbluth Moshe & Miriam Rosenfeld Moshe & Sheindel Russel Dr. Chaim & Miriam Silberberg **Chef Simon Zafir Don Stern Pearl Stroh** and the entire Ladies Team **Logistics Coordinator** Hainech Korman

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

> The Kesher Nafshi Committee

- THANKS TO OUR SPONSORS -





















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H OPE STREET teens

Mental Health & Addiction Outpatient Therapy



CENTER FOR EATING DISORDERS









THANK YOU



Chaim Bin-Nun, MFT, LPC Author, Lecturer, Parenting Counselor Young Adult Advisor 917-573-0232

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Benny Raskin 770.744.4406 ben.raskin@gmail.com

Graphic Design By:

Yanky Goldman

718.337.8262 yanky@yankygoldman.com



BRANDING | PACKAGING | LOGO DESIGN

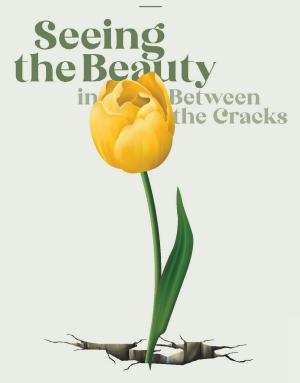


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- 718.758.0400 10am-10pm MaskParents.org

- info@maskparents.org 1431 E 12th St, Brooklyn, NY 11230

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