



Rising Above

**SUNDAY,
JANUARY 5TH, 2020**

9:30 AM - 2:30 PM

Politz Hebrew Academy
9225 Old Bustleton
Philadelphia, PA

**Join us as we gather to explore
and reflect on engaging topics
relevant to the Jewish Woman.**

The program includes keynote speaker
Mrs. Shifra Rabenstein,
a delectable gourmet lunch, and
workshops led by local facilitators.

Mrs. Rabenstein

received a M.Ed. in School Administration and Supervision from Johns Hopkins University. She was an award finalist for the Grinspoon Steinhardt Award for Excellence in Jewish Education. She also received the Rabbi Herbert Birnbaum Award from the Center for Jewish Education for extraordinary dedication to the Jewish people and outstanding teaching. She currently serves as a teacher, 12th grade counselor, and teaching mentor in Bais Yaakov High School in Baltimore. She teaches in Baltimore's Maalot Seminary, a division of Gratz College. She also lectures for women and high school girls across the country.

SCHEDULE OF EVENTS

- 9:30 AM **Coffee reception and check-in**
- 10:00 AM **Keynote Speaker: Mrs. Shifra Rabenstein**
Rising Above - Growing With Our Challenges
- 11:00 AM **Session 1**
- 12:00 PM **Gourmet Lunch**
- 1:00 PM **Session 2**
- 2:00 PM **Dessert Reception**

RAISING AWARENESS		EMERGING FROM WITHIN		ASCENDING JOYFULLY	SOARING UP
Session 1	<p><i>Bad Things Happen To Good Intentions</i></p> <p>Mrs. Shifra Rabenstein</p> <p>Mrs. Rabenstein will lead us in a discussion that focuses on the importance of understanding a friend's perspective when trying to assist her.</p>	<p><i>Va Takam Chana</i></p> <p>Rebbetzin Sarah Yeamans</p> <p>Rebbetzin Yeamans will examine divine service through the lens of Chana, how we can find and use the tools given to us to lead a more meaningful life.</p>	<p><i>Peer Counseling Techniques</i></p> <p>Mrs. Shoshana Siegelman</p> <p>Learn and practice techniques for providing 'emotional first aid.' You already know the basics; take your skills to the next level.</p>	<p>Stay Right. Here.</p> <p>Mrs. Estee Nadav</p> <p>Learn about the benefits of mindfulness and gain real-life skills to improve your life and create the positive change you seek.</p>	
Lunch					
Session 2	<p><i>Rising Above the Mundane</i></p> <p>Mrs. Besie Katz</p> <p>A deep-dive into the insights of Dovid Hamelech's tefilos.</p>	<p><i>Aseres B'Teves: Rising to the Challenge</i></p> <p>Rebbetzin Burr</p> <p>Explore the meaning of the fast through classic texts.</p>	<p><i>Raising the New Generations with Joy and Purpose</i></p> <p>Mrs. Dubbie Ungar</p> <p>Learn lessons in joyfully elevating our connections to mitzvos in our homes.</p>	<p><i>Clock is Ticking</i></p> <p>Mrs. Nechama Bauman</p> <p>Change of plans? Busy schedule? Pick up tips and time-saving techniques to prepare Shabbos in an hour!</p>	

Mrs. Nechama Bauman

grew up in Washington Heights, where her family always hosted visitors in town to support patients at Columbia Hospital, and last minute visitors (including those who got stuck on the GW Bridge!). Mrs. Bauman moved to the NE where her husband joined the new Kollel.

Rebbetzin Burr

Rabbi and Mrs. Burr recently moved to the community to start the Northeast Kollel. She is currently teaching Navi at KTA.

Mrs. Besie Katz

is a renowned mechaneches and sought-after speaker who speaks to the hearts of students, parents and community members.

Mrs. Estee Nadav

Estee Nadav is a certified HypnoBirthing Childbirth Educator serving Philadelphia and its surrounding areas. She first recognized the power of HypnoBirthing in 2005 with the birth of her first baby and has taken those practices with her throughout her life. Estee's passion is teaching HypnoBirthing in a relaxed, friendly, and warm setting.

Mrs. Shoshana Siegelman

is a Licensed Clinical Social Worker, has taught peer counseling in New York, Monsey, Lakewood, and on the Indian Ocean island of Mauritius, and provides psychotherapy both through a community mental health center and in private practice.

Mrs. Dubbie Ungar

has been teaching various ages and stages of children for over 40 years. In addition to being a busy Morah, mother & Bubby, she loves to host Shabbos guests!

Rebbetzin Sarah Yeamans

is originally from Philadelphia. After attending seminary in Israel, Sarah served as a Judaic Studies teacher for girls' high schools in both Philadelphia and Baltimore, and earned her Masters in Speech-Language Pathology. She offers engaging shi-urim to the women in our community. The Yeamans live in Philadelphia with their six children.

Registration Form

<input type="checkbox"/> Platinum Sponsor, includes registration	\$500
<input type="checkbox"/> Gold Sponsor, includes registration	\$360
<input type="checkbox"/> Silver Sponsor, includes registration	\$180
<input type="checkbox"/> Registration	\$55
<input type="checkbox"/> Early Bird Registration, before Dec 27	\$40

Total: _____

Please select your choice of classes:

Please select a 1st choice and 2nd choice per session.

Session 1: 11:00 AM _____ or _____

Session 2: 1:00 PM _____ or _____

Your information:

Full Name: _____

Email: _____

Address: _____

City: _____ State: _____ Zip: _____

Phone Number: _____

Payment Options:

PayPal: <https://www.paypal.me/necommunitykollel>

Check: _____

Debit/Credit: _____

Please mail registration to:

LINK C/O Burr

8218 Dorcas Street

Philadelphia PA 19152



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Ladies Initiative of NorthEast Kollel

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