

Check out our website for the first installment (pre-recorded) of the upcoming series- FREE!

The Women's Mussar Vaad with Mrs. Dina Schoonmaker

- Gain insight into your personality and your trigger responses
 - Improve your relationships
- Examine middot in the context of a woman's emotional, spiritual, and psychological makeup
 - Benefit from many practical, true to life examples
- Be a part of an e-group comprised of vaad members, a key tool for hashing out and processing new ideas.
- This series can benefit women of all backgrounds, in every stage of life
 - Includes live, interactive question-and-answer period

*8 week series via **live** teleconference
starting Tuesday, June 18th 1:30-2:30pm EST
\$12 per class (total \$96)
(includes mp3 recordings of every class sent to your inbox each week)*

Topic: Bitachon (Trust in G-d)

Learn to appreciate G-d's involvement in your life and gain skills for overcoming worry and frustration.

For more information call:
Shira Svei **732 360 7981** (between 3-5PM EST)
or womensvaad@gmail.com
Register online at: www.womensvaad.com