

FREE

TRT CARES Workshop Series

Topic:

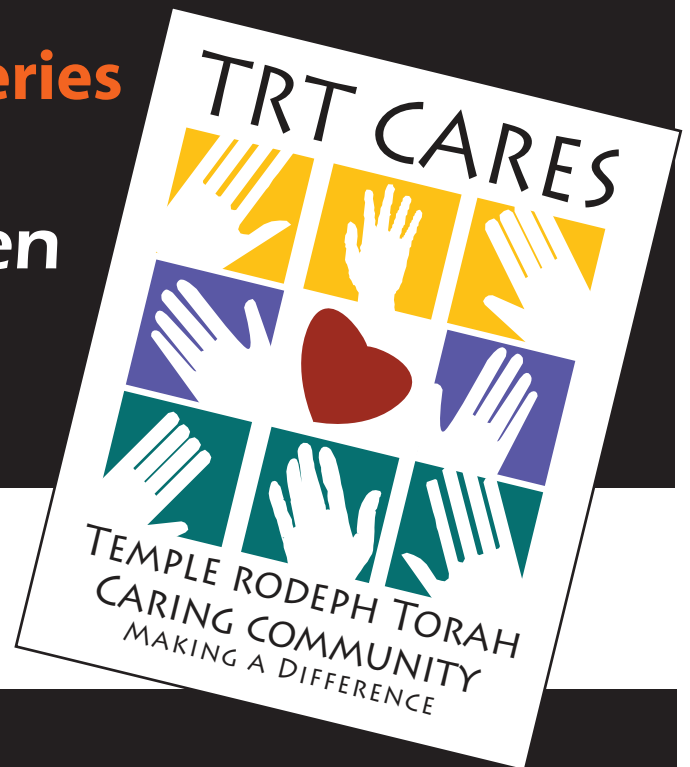
Guiding Your Children Through Difficult Financial Times

Date: Thursday, March 29, 2012

Place: Temple Rodeph Torah

Time: 7:30pm-9:30pm

RSVP: trtcares@gmail.com



When money is tight...

- learn better communication skills with teens, tweens and kids
- develop effective strategies for dealing with stress
- find creative ways to address difficult family discussions

Panelists for the workshop include:

Karen Goldstein, MA,LPC: Karen is a Licensed Professional Counselor with a Master of Arts degree in Community Psychology. She has experience working with children, teens and adults. Karen specializes in areas of developing coping skills for distress tolerance, emotional regulation, stress management and relaxation, and communication.

Rabbi Shira Stern, Dmin.,BCC: Rabbi Stern was ordained by Hebrew Union College-Jewish Institute of Religion in New York in 1983 and earned her Doctor of Ministry from HUC-JIR in 2004. She is a Board Certified Chaplain and Pastoral Counselor, Past-President of the National Association of Jewish Chaplains, and Director of the Center of Pastoral Care and counseling in Marlboro, NJ. She serves as Educator at Temple Rodeph Torah, and is married to Rabbi Donald Weber.

**THESE WORKSHOPS ARE A PUBLIC SERVICE OF TEMPLE RODEPH TORAH OF MARLBORO.
THEY ARE FREE AND OPEN TO ALL MEMBERS OF THE COMMUNITY.**

Location: Temple Rodeph Torah, 15 Mohawk Drive, Marlboro, NJ 07746
RSVP: Please E-mail us at trtcares@gmail.com.