

### Jewish Family Services



### JFS Friends 5K

A huge thank you to everyone who participated in the 3rd annual JFS Friends Run and online auction. You raised \$13,000! Whether you walked, ran, volunteered, sponsored, bid, or bought, you helped Jewish Family Services raise over \$13,000, allowing us to continue to serve our community with outstanding counseling by licensed therapists, outreach

services to Jewish seniors and case management including access to the JFS food pantry and emergency financial assistance.



# **BUSINESS CARD** DIRECTORY

To advertise in the Business Card Directory, contact one of our sales representatives: Jodi Valenstein, 704-609-0950 or Scott Moskowitz, 704-906-2474



### Right in the Middle Mother-Daughter **Conferences**

August 18 and 21 at Shalom Park

"How will I make new friends?" "How does her body image affect her self-esteem?" These are some of the many questions Moms and their daughters have as they enter the strange new world of middle school. If you and your daughter are staring down middle school, join us as we host Right in the Middle, a fun and informative workshop to celebrate and prepare for middle school.

Michelle Icard of Michelle in the Middle, and creator of Athena's Path and Hero's Pursuit, will talk about all things middle school: boys, brains, bodies, and behaviors. Nationally-recognized body image expert Rosie Molinary will share tips to handle the emotions and expectations of this developmental stage.

Information and registration 



# Say Happy New Year with a JFS Tribute Card

Honor the ones you love with an artistic Tribute Card from Jewish Family Services. These colorful cards feature artwork from children in the Jewish community, and now you can order cards featuring special High Holiday designs.

which JFS will send for you, or purchase a package of 8 cards and send them yourself. Call or stop by the JFS office for more infor-

### **High Holiday Cards**

lewish Family Services High Holiday cards are now sitable! Featuring beautiful une of a kind drawings from children and serious in our continuity, these note could are blank inside making them ideal for any ocassion.



Order individual cards



Amulable at levelsh Family Services in ackages of eight assorted designs for \$30.

### High Holidays 5774

## It's like being with all your favorite relatives!

Come explore, learn, and join in our welcoming community.

#### Shanah Tovah!

We provide a full schedule of High Holiday services:

### Rosh Hashanah Day 1 \*

10:00 am, Thursday, September 5, 2013

#### Tashlich - Rosh Hashanah

3:30 pm, Thursday, September 5, 2013 Location to be announced in service program and online one day prior to service

#### Rosh Hashanah Day 2 \*\*

10:00 am, Friday, September 6, 2013

7:00 pm, Friday, September 13, 2013

#### Yom Kippur \*

10:00 am, Saturday, September 14, 2013 12:30 pm (approx.) Yizkor / Healing Services 6:15 pm Mincha / Havurat Tikvah Memories 7:00 pm Neilah / Concluding Service 8:11 pm Break the Fast immediately after Neilah

- \* Fellowship Hall
- \*\* Aitken Classroom

loin us as we celebrate

havurat tikvah

A warm, supportive and nurturing Reconstructionist congregation located in Dilworth with Shabbat services and a full spectrum of holiday observances, as well as religious educational options for both adults and children.

Avondale Presbyterian Church 2821 Park Road . Charlotte, NC For information, call 980,225,5330, email membership@havurattikvah.org or visit www.havurattikvah.org

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