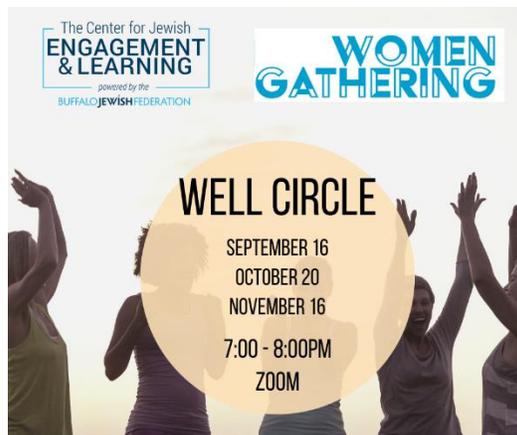


Women gathering together has been a hallmark of Judaism since Biblical times. In each of these small groups: Wise Aging, Wise Women, Mussar for Moms and Well Circle, women will gather to connect with one another through text, joyful conversation, and a commitment to lift one another up. Explore options for a variety of different gathering co-horts and find the one that suits YOU!



WELL CIRCLE

Monthly, 7:00 - 8:00 pm
Beginning September 16
Zoom

Are you interested in learning about yourself from the inside-out, cultivating relationships, and uncovering personal connections to inherited wisdom in rituals? This monthly peer-led gathering using curriculum from At The Well, connects women in their 20s, 30s and 40s to body, soul, and community through wellness learning and Jewish spirituality.

Questions: email [Miriam](#)

[REGISTER FOR WELL CIRCLE](#)

MUSSAR FOR MOMS

Sundays, 7:30 - 9:00 pm
beginning October 25
Zoom

Do you want to increase awareness of yourself through a Jewish lens and build confidence to be the best parent and person that you can be? This gathering of women, facilitated by Evie Weinstein, will use conversations based on Jewish texts along with contemplative daily practices to set each of us on a personal path towards self-discovery and transformation. This program is for women parenting PJ Library age children. Questions: email [Miriam](#)



[REGISTER FOR MUSSAR FOR
MOMS](#)



WISE WOMEN

meets once a month
new cohorts starting soon
Zoom

Are you interested in exploring Jewish texts and engaging in conversation about the excitement and challenges of a new stage of life? Want to explore what Judaism has to say about transitions, and new experiences? This group will explore Jewish and secular texts along with guided conversation. New cohorts (minimum of 8 women who are recent empty nesters or parenting young adults) are starting in fall of 2020!

Questions: email [Susan](mailto:susan@buffalोजewishfederation.org)

[REGISTER FOR WISE WOMEN](#)

WISE AGING

meets monthly
new cohorts starting soon
Zoom

Wise Aging, a program which originated at the Institute of Jewish Spirituality, is a self-guided discussion group that focuses on using and celebrating our collected wisdom and experiences through a Jewish context. Wise Aging participants explore the challenges and benefits of growing older through text study, interactive discussions, mindfulness practices and exercises and gentle movement. New cohorts (minimum of 8 women needed) starting on Zoom in the fall of 2020!



[EMAIL SUSAN FOR MORE INFORMATION AND TO REGISTER](#)

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[Visit our website](#)

