

Congregation Anshei Israel ADULT STUDIES KOLLEL

All are welcome to attend
“NEW YEAR, NEW YOU!”

SPONSORED by CONGREGATION ANSHEI ISRAEL
AND JEWISH FAMILY & CHILDREN’S SERVICES

Wednesdays, August 7, 14 & 21
7:00pm at
Congregation Anshei Israel

*Each session will be led by a representative of JFCS
and CAI’s Rabbi Robert Eisen.*



Please RSVP by Aug. 2

August 7: WHEN IS IT TIME FOR ME?

Caring for one’s self when caring for others.
What are the responsibilities with regard to
“self-care”?

*with Shoshana Elkins, LCSW,
VP of Programs and Services*

August 14: FAITH AND/OR FORTITUDE?

When the decision I have to make is theirs!
Dealing with the guilt and/or responsibility
of caring for others.

*with Pattie Martin, M.Ed,
Director of Older Adult Services
and Pamela Heiman Dubin, MD,
Care Manager*

August 21: IF NOT “WHEN” ... NOW!

Transition Planning: Identifying the “what,
when, where, how and why” of how life
changes, and embracing each and every
moment for what it can be.

*with Pattie Martin, M.Ed,
Director of Older Adult Services
and Paul Bartlett, PC,
Attorney*

**3-week series: \$18 per person
PLUS non-perishable food donation
for the Community Food Bank
(Please bring items to class.)**

~ Reservation Form ~ ADULT STUDIES KOLLEL

“NEW YEAR, NEW YOU!”

Wednesdays, August 7, 14 & 21

Name _____

Address _____

_____ Zip _____

Phone _____

E-mail _____

___ # Adults to attend

___ Check enclosed.

___ Charge my VISA MC for \$ _____

Exp. _____ Sec. Code _____

**Return completed form
with payment by Aug. 2 to:**

Congregation Anshei Israel
5550 E. 5th St., Tucson, AZ 85711
Phone 745-5550
Fax 745-9058

OR **RSVP on-line!**
www.caiaz.org

