



FRIDAY, 30 SHEVAT, 5784
| FEBRUARY 9, 2024

COL LIVE

COLlive & NCFJE Launch Second Mental Health Series

April 8, 2021 – 26 Nisan 5781



HOW TO

Stay in Control

IN AN EVER-CHANGING WORLD

4 Events • 4 Presenters • 4 Hot Topics.



COURSE 1

APRIL 13

SELF HARM

What to Do If Your Child Is Cutting?

APRIL 20
INTIMACY:
What do I tell my daughter?
Debbie Fox, LCSW

LIVE

COL LIVE



APRIL 27
EATING DISORDERS:
Who is affected?
Temimah Zucker, LCSW

TRAUMA:
Signs Your Child May Need Help
Dr. Shloimie Zimmerman, Psy.D.

After the success of last year's events, COLlive.com and NCFJE's Operation Survival are once again partnering to host a virtual lecture series for parents and educators addressing important mental health issues.

After the success of last year's events, COLlive.com and Operation Survival, a department of the NCFJE, are once again partnering to host a virtual lecture series for parents and educators addressing hot topics in the area of mental health.

The series entitled, "How to Stay in Control in an Ever-Changing World," will feature four events on four consecutive Tuesdays from April 13th through May 4th. The topics of eating disorders, mother-daughter communication regarding intimacy, cutting and self-harm, and trauma will each be presented by a renowned expert in the field and introduced by a Chabad educator involved with providing community support in that area.

"We are pleased to offer a forum for discussing these issues that are prevalent among our children, with an eye on prevention and providing support," says **Yaacov Behrman**, Director of Operation Survival.

The lectures will take place at 8:30 PM on the following days April 13th, April 20th, April 27th, and May 4th, and can be viewed via Zoom, or through tuning in at COLlive.com.

There will be an opportunity to ask questions after the presentations.

Link to join Webinar

<https://zoom.us/j/91063815381>

April 13th

Self Harm: What to Do If Your Child Is Cutting?

Help your child find a healthy alternative to self-harm.

Presented by: Dr. **Brad Reedy**, nationally renowned expert on parenting teens, and drug prevention, and the author of "The Journey of the Heroic Parent".

Introductory remarks: **Dena Gorkin**, Director of community education at Operation Survival and principal of Bnos Chomesh Academy

April 20th

Communication: How mothers can talk to their adolescent/teen daughter about physical intimacy

Holding these important conversations without compromising values

Presented by: **Debbie Fox**, Founder and creator of the internationally recognized Safety Kid program

Introductory remarks: **Devora Krasnianski**, Founder of the Adai Ad Institute, an organization that offers tools and mindsets to help couples build and maintain a healthy marriage

April 27th

Eating Disorders: Who is affected? Is it prevalent in the frum community?

Causes, signs, symptoms and the recovery process.

Presented by: **Temimah Zucker**, LCSW, a social worker who specializes in eating disorders. After recovering from her own struggle, she immersed herself in the field. She is currently a national speaker, and a prolific writer, on the topics of eating disorders and body image.

Introductory remarks; Rabbi **Hanoch Hecht**, Director of Camp Emunah, and the author of A Kabbalah of Food.

May 4th

Healing: Signs Your Child May Need Help
Addressing the far-reaching mental health consequences of COVID-19

Dr. **Shloimie Zimmerman**, Psy.D., a licensed clinical psychologist and Chairman of the Clinical Advisory Board for Magen New York.

Introductory remarks: **Menachem Freeman**, longtime Hatzolah member.

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HOW TO *Stay in Control* IN AN EVER-CHANGING WORLD

4 Events • 4 Presenters • 4 Hot Topics.

COURSE 1

APRIL 13 • 8:30 PM

SELF HARM

**What to Do If Your
Child Is Cutting?**

Help your child find a
healthy alternative
to self-harm.

DR. BRAD REEDY, PHD

Dr. Reedy is nationally renowned
expert on parenting teens, and drug
prevention, and the author of 'The
Journey of the Heroic Parent'

INTRODUCTION:

Dena Gorkin, CPP

Community education at Operation Survival
and principal of Bnos Chomesh Academy



SAVE THE DATES

APRIL 20

INTIMACY:

What do I tell my daughter?

Debbie Fox, LCSW

COLLIVE

APRIL 27

EATING DISORDERS:

Who is affected?

Temimah Zucker, LCSW

MAY 4

TRAUMA:

Signs Your Child May Need Help

Dr. Shloimie Zimmerman, Psy.D.

WATCH LIVE ON COLLIVE.COM

Webinar Zoom ID: 910 6381 5381 / Call in: 929.205.6099

3 COMMENTS



oldest ▼

Amazing!!!



🕒 April 8, 2021 7:10 pm

Thank you for taking charge to address such important topics!!



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Reply

Looks amazing 

🕒 April 8, 2021 8:35 pm

What a great variety of important topics. I'm super impressed. Kol Hakavod Operation Survival!

 2  0  Reply

Thank you! 

🕒 April 8, 2021 9:37 pm

Thank you for this important work!!

 0  0  Reply

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