



Posted to CHABAD NEWS

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Encountering Trauma
with
Dr. David Forbes



The Mental Health
Caretaker with
Dr. David Rosmarin



Mental Health 101 with
Dr. Casey Skvorc



Regulation and
Communication with
**Dr. Shloimie
Zimmerman**



Kinus Wellness Summit To Certify Shluchim in Spiritual Care and Mental Health

As part of the comprehensive health-focused symposium at this year's Kinus, Shluchim will have the opportunity to complete intensive training and be certified in Spiritual Care and Mental Health.

For the first time ever, this year's *kinus hashluchim* will bring an invaluable resource to shluchim. **The Wellness Institute**, a project of the Rohr Jewish Learning Institute (JLI), in partnership with Chabad on Call at Merkos 302, will be having a full-day summit dedicated to mental wellness and overall emotional well-being.

Utilizing the expertise and vast resources of The Wellness Institute, one of the highlights of the summit will be an intensive, four-part training seminar that will offer certification in **Spiritual Care and Mental Health**. The Wellness Institute is approved by the American Psychological Association (APA) to sponsor continuing education programs for psychologists and other mental health professionals.

Proper education, training, and guidance on how to skillfully mentor and advise community members is critical, if not life-saving. Under the tutelage of four experts in different areas of the mental wellness space, including Dr. **Casey Skvorc**, Dr. **Shloimie Zimmerman**, Dr. **David Forbes**, and Dr. **David Rosmarin**, *shluchim* will emerge with the necessary knowledge and skills to be a pillar of support, both in situations of immediate crisis, as well as long term support.

While there's understandably a vast sea of knowledge to learn in the mental wellness space, The Wellness Institute has curated a unique course that caters specifically to the shliach's role. Each session will cover the most important skills *shluchim* need in this space, arming them with the necessary resources for when they get back home.

This four-part workshop is part of the Wellness Summit that will provide many other resources for all things related to overall wellness: from mental health care navigators to another workshop dedicated to navigating the complex and sensitive *halachos* pertaining to end-of-life issues with Rabbi Chaim Brickman and Rabbi Menachem Horowitz, to a panel of Shluchim with practical guidance for creating a network of volunteers in your community.

Chabad on Call's Wellness Summit will take place at Ulam Chana, 556 Crown Street, on Thursday.

The Wellness Institute's Certification in Spiritual Care and Mental Health will be taking place on Thursday at Merkos Sefard, 556 Crown St.

Register at kinus.com



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