**JOIN US FOR THESE (ZOOM) COMMUNITY EVENTS**

**Tuesday, February 2**  
Parents Mindfulness Class*, JFS  
Families of Children with Disabilities and/or Special Needs  
7:30 – 9:30 PM Class 1 of 5  
*Pre-registration is required; sign up for next class by email sdimari@jfsrochester.org

**Friday, February 5**  
Uplift: Family Erev Shabbat Service  
6:00 PM, Temple Sinai  
Live streaming on www.tsinai.org

Overcoming our Blind Spot, Oneg Shabbat with Charlie Kramer  
7:30 PM, Temple B’rith Kodesh  
For link email info@tbk.org

**Saturday, February 6**  
PJ Library Havdallah  
6:30 PM, Temple Beth El  
https://www.tberochester.org/events/pj-havdallah/

**Tuesday, February 9**  
Parents Mindfulness Class, JFS  
Families of Children with Disabilities and/or Special Needs, class 2 of 5

**Friday, February 12**  
Disability & Acceptance in the Torah: Erev Shabbat Service  
with Ann Lieberman Colgan, EdD  
6:00 PM, Temple Sinai  
Live streaming on www.tsinai.org
Saturday, February 13
Judaism and the Source of Happiness: Ancient Wisdom Meets Modern Research
Chabad Rochester - ShabaTTgether
Tal Ben-Shachar and Rabbi Shais Taub in Conversation (preview)

Tuesday, February 16
Parents Mindfulness Class, JFS
Families of Children with Disabilities and/or Special Needs, class 3 of 5

Friday, February 19
JFS - offering life-enhancing programs to participants; Erev Shabbat Service
with Sasha DiMaria, Special Needs Navigator
6:00 PM, Temple Sinai
Live streaming on www.tsinai.org

Sunday, February 21
Purim Facebook Live Event with Spectrum Creative Arts
3:00 PM, https://www.facebook.com/spectrumcreativearts/

Jewish Life from the Perspective of Orthodox Jews with Visual Impairments
With Father-daughter Rabbi Moshe Lefkowitz and Rachel Bodek
7:00 PM, Temple Sinai
For information email office@tsinai.org

Tuesday, February 16
Parents Mindfulness Class, JFS
Families of Children with Disabilities and/or Special Needs, class 4 of 5

Wednesday, February 24
Playful Purim in Pajamas with Creative Arts
For all family members, of all ages, and all abilities. Closed captioning provided.
6:30 pm JFS and PJ Library, with Spectrum Creative Arts. Register here.

Thursday, February 25 through Sunday, February 28
Here we Are (Israel, 2020) Multi-Day Film Viewing Opportunity
Relationship crossroad between father and son, who is an adult with autism.
Rochester Jewish Film Festival, JCC, Jewish Federation, and JFS
Watch at your convenience. For free tickets click here

Friday, February 26
Unmasked: Life with Hidden Disabilities: Erev Shabbat Service
With Tori Madway and Joel Shamaskin
6:00 PM, Temple Sinai
Live streaming on www.tsinai.org
**Sunday, February 28**
*Here we Are (2020) – Israeli Movie Q & A Event with Director Nir Bergman, Tribute to Elliot Fix, Champion of the Jewish Living Program for Adults with Intellectual and Developmental Disabilities.*
Rochester Jewish Film Festival, JCC, Jewish Federation, and JFS
2:00 PM, FREE. Register here.

**Tuesday, March 2**
*Parents Mindfulness Class, JFS*
Families of Children with Disabilities and/or Special Needs, class 5 of 5

*For more information or for a non-interactive format of this information please contact:

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(She/Her/Hers)

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