



BS"D

CHAZKEINU MENTAL HEALTH  
SUPPORT PRESENTS

*Healing  
&  
Striving*

*A Shabbos of  
Strengthening One Another*

DECEMBER 16-17  
MONSEY, NY



December 16-17  
Parshas Vayishlach

## CHAZKEINU LIVE

### Shabbaton Program Schedule

2:00 - Welcome to the Chazkeinu Shabbaton!

4:10 - Candlelighting

Ice breaker—"Name that quote"

Introducing our Shabbaton theme song

Kabalas Shabbos

5:30 - Shabbos meal with the Klatzko family

Dvar Torah by Baila

7:45 - Live Chazkeinu personal story meeting

"What's your Mantra?" workshop

Shmooze and snooze

Shabbos day: Good morning!

Relax, daven, sleep in, you choose!

12:00 - Shabbos meal with the Klatzko family

Dvar Torah read from "Avigayil"

2:15 - Professional panel and workshops

Lili Grun: *"What it's REALLY about: Unlocking your mental health by identifying defense mechanisms and experiencing real emotions."*

Yocheved Rabinowitz: *"Strengthening Connections: feeling seen, heard, and valued."*

Joy Stimmel: *"Acceptance: Transcending pain and becoming our healthiest self."*

4:15 - Shalosh Seudos/Third meal

Inspirational discussion led by Pnina

6:00 - A unique Havdalah experience with Rabbi Klatzko

Motzei Shabbos event:

Rabbi Daniel Shonbuch: *"Emotional Illness and Relationships: Challenges and Solutions"*

Enjoy a delicious Melave Malka

Sit back and enjoy the live entertainment

Kumzits/Singing with Live music

Yoga and Gratitude: "Meditate and Appreciate"

Midnight - ("make it a") Good night!

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**Thank you all for coming and making our Shabbaton so special!**

## Letters from our co-founders



*To our dearest Chazkeinu Shabbaton attendees,*

*It is with much anticipation and excitement that I welcome you to our first Shabbaton. I am so eager to spend the upcoming weekend getting to know you all in person. Although we have spent the last few months getting acquainted over the phone lines, it won't compare to the bonds that will I'H be formed here. It is my hope that as you get to know each other, you will find that each of you share a bond that is more than just surface deep. Finding consolation from others in an isolating illness can be so gratifying, as no one wants to go through this alone. Please take the time to get to know each other and build connections that can be maintained long after this weekend. It is my hope that you will see that you have much more in common with others than you think.*

*Looking forward to a great weekend!*

*Tamar*

*To my dear Chazkeinu sisters,*

*Words cannot express my overwhelming gratitude to all of you for being such an integral part of my life. It is because of all of you that the Chazkeinu dream has become a reality. As many of you can relate, I felt so alone and misunderstood while enduring the painful agony of my mental illness. I searched for so long to find a place where I could be comfortable being the REAL me. I wanted to connect with others for mutual support, empathy, and to finally be able to speak openly about my experiences. Founding Chazkeinu gave me the privilege of connecting to such amazing women from all over the globe. Joining together with the shared goal of strengthening each other while helping to remove the stigma, has been so healing and empowering for me. Thank you all for making Chazkeinu my "home away from home"!*

*With deepest appreciation and admiration,*

*Zahava*



# PARSHA FEATURES



*In this week's Parsha, Yaakov gets a new name- Yisroel. Beforehand, Avram and Sarai's names were also changed. We see a big difference in the two changes. While by the first change, the change remained throughout their lives, Yaakov is sometimes referred to as Yaakov and sometimes as Yisroel. He doesn't lose his first name. Names (especially of the Avos) are not only given to call one another. They also teach us about their Avodas (service of) Hashem and how we can aim to strive to emulate them. What are the two paths of Yaakov and Yisroel?*

*Yaakov is trickery. Sometimes in order to overcome our not-such-good desires, we have to trick the yetzer hora (evil inclination). We have to pretend to go along but still do the right thing. We pretend that we're sleeping, eating, etc. for the fun of it but really it's for a good purpose, to have the strength to be better people and help others. Yisroel, on the other hand, means to be in charge. There are times when we have to tell the voice within that WE are in charge. We don't have to pay any attention to him. We do what we have to do, doing what is right to make this world a better place, with the pride and strength of a person in charge.*

*(adapted from the teachings of the Lubavitcher Rebbe)*



*The Gemara in Chulin tells a story involving Rabban Gamliel, Rabbi Yishmael, and Rabbi Akiva. They were shopping to buy meat for the wedding of Rabban Gamliel's son. Rabbi Akiva asked his friends to explain the meaning of a pasuk (verse) in this week's parsha where the Torah tells us that after Yaakov fought with the malach (angel) of Eisav, "The sun rose and was shining upon him."*

*Did the sun just shine for Yaakov? — Didn't it shine for everyone? How do we understand the Gemara's question and answer? Why was it necessary for the Gemara to tell us the details regarding when this discussion took place? What was Rabbi Akiva telling his friends with this pasuk?*

*The Menachem Zion provides a beautiful interpretation. Rabbi Akiva was known as the eternal optimist. Even though he lived at the time of the destruction of the Bais Hamikdosh (Temple), he still remained hopeful through all the pain. Rabbi Akiva was not only an optimist, but he used that positive outlook to bring comfort and cheer to others.*

*The Gemara tells us that at the time that Rabbi Akiva and the others were shopping for the wedding of Rabban Gamliel's son, the Jewish people were experiencing a difficult and dark period. When walking with his friends to buy meat, Rabban Gamliel was thinking, "What am I doing — I am marrying off my son so that I should see grandchildren who will be killed by the Romans?"*

*Rabbi Akiva saw that Rabban Gamliel was in a state of despair. He was not rejoicing over his son's wedding. Rabbi Akiva wanted to breathe life and spirit into his friends. He reminded them what had happened to Yaakov. He reached the lowest point of his life — he was forced to run away from home, his brother was trying to kill him; he did not have anything to call his own. The sun had set — both figuratively and literally — for him. Yaakov moved into a period of night and an exile with Lavan who tried to rob and cheat him. The sun had truly set for Yaakov. But what happened? Yaakov persevered. He did not give up nor give in to despair. He returned after that long exile — whole in all areas of his life. Yaakov made it through the night and the sun now rose for him.*

*Rabbi Akiva was telling his colleagues: "Do not give up. What happened to our fathers will happen to us as well. The sun that set for Yaakov, eventually rose for him. There was an end to the exile and to the night." Each of us has the ability to follow and emulate this midah (attribute) of Rabbi Akiva. We all experience the ups and downs of life. Sometimes we are overcome by despair and hopelessness. However dark things may seem, we can join together and offer a listening and sympathetic ear. Strengthening each other can help us experience the salvation of morning.*

*(By: Rabbi Yisroel Grossberg)*

# CHAZKEINU SHABBATON THEME SONG



In a world of utter darkness  
A world of blurry sight  
Suddenly, an inspiration  
I see a spark, a hopeful ray of light  
No longer do I have to search to fill  
The void within my soul  
I can fly, I'm soaring high  
At Chazkeinu now I finally feel whole

We're a family, as one we unite  
Together, we stand, holding tight  
Connecting forever we're never alone  
We all have each other as our own  
A bond oh so strong, blending each and every soul  
Hand in hand we're reaching our goal  
As sisters we join in *b'achdus v'shalom*  
Chazkeinu our home away from home!!

## *We couldn't have done it without you...*

There were countless steps and jobs that had to be completed for this Shabbaton to come into fruition. Since we don't want to leave anyone out, we would like to express our profound gratitude to all those who helped make this Shabbaton happen.

You know who you are!

May Hashem bless you with continued strength to support those in Klal Yisroel.

# READERS SUBMISSIONS

By: Elite

## *MODEH ANI LIFONECHA*

Thought I was pretty good,  
In recognizing as I should,  
The favors abound each day,  
The One above sends my way.

When a frown would start to curl,  
And a down wanted to unfurl,  
I'd stop in my tracks  
And tell myself- relax!

Drink in all the fresh air,  
There's B"H no shortage out there.  
And the fact that I can breathe,  
Smell a rose if I please.

However,  
NEVER  
Did I give a blink,  
Stop and think

About the wondrous intricacy  
Of bone and muscle  
intertwining unity,  
How taking a chair,  
And without pain- remaining there,  
Is a tremendous act of kindness,  
From the one whose giving is endless.

And the ability to stand upright,  
And to lie in one's own bed at night.  
Oh! How I was so naïve,  
Not to appreciate any of these.  
My hope is that this inspiration will last,  
Long after my pain has passed.

# READERS SUBMISSIONS

By: Esti

When hard times suddenly come your way  
When your world does crash and all does sway  
Please remember that alone you are not  
Others around you share this challenging lot  
It doesn't matter what the name may be  
Borderline, post partum, or OCD  
Many others know just how you feel  
The agony and searing pain so real  
At Chazkeinu you'll find a place to be free  
To be YOU! exactly how G-d meant you to be  
No condemnations or judgments found here  
Just empathy, warmth, and strengthening care  
And because of all your active participation  
Were paving the way for the next generation  
So a heartfelt thanks to all for joining us here  
For making the effort and showing you care

# READERS SUBMISSIONS

By: Chaya

## **Spiritual Connection**

Hashem,  
bring me closer to You,  
Hold me tight  
Let me see the light.

I can't hold back  
The night is too dark,  
Bring on the day  
And forever we can play.

Oh bring me close  
Closer than before,  
Come on Hashem,  
Open up your door.

I want to sing  
I want to say thanks  
For giving me these short and  
sweet breaks.

But really now!  
Enough is enough  
Come on Hashem  
I think I'm pretty tough!

So bring me close  
Closer than before  
Come on Hashem,  
I'm knocking at your door.

Thank you Hashem,  
For opening up to me,  
Your full glory is blinding,  
I can't see.  
To understand all the things  
You do, Are not for  
people- like me and you.  
So stop looking for answers  
to your pain,  
Take it in stride  
You will forever gain!

## **Communication**

Go away, leave me alone  
I want to be on my own.  
I'll be ok, just go away,  
I will handle,  
this my own way.  
Then I realize what did I do?  
I'm alone I have no clue

How will I go through  
this pain?  
Alone, on my own I've brought  
this all on me.

Stop, take a step back  
Relax, there are people that  
have got your back  
You are not alone,  
Not on your own  
Reach out  
with an open mind,  
And together people will help  
you find.

Find a path to  
health and recovery  
Just let them in, and the  
healing will begin.

## **Coping and Creating Meaning**

At times I feel  
there is no hope,  
In darkness I do grope.  
Pain and suffering have  
taken over my mind  
And the way out  
I can't seem to find.  
Then I look back and say  
Remember that good day, the  
one you had yesterday?  
I open my eyes  
and look ahead.  
See how much I can do  
instead.

Another way to keep above  
Is by reaching out  
to those I love, They remind  
me of many good times  
And make me feel that this will  
come to an end.

Don't get me wrong,  
It isn't easy  
to keep up my song  
The coping methods I do use  
Helps me shine my life with  
strength infused.

A song by: Anonymous

## **A soul shining bright**

Take a look around you  
Beauty can be seen  
Goodness you'll glean  
Each day is a chance anew

Though times are tough  
Stand strong and believe  
Ani Maamin  
It's all from Hashem above

Look inside of you  
Realize your true value  
A diamond sparkling anew  
It's all up to you

*Look at the candles  
A flame, its burning light  
Look at your Neshama  
A soul shining bright*

*You can do it  
Just hold on tight  
Hashem is with you  
He will pull you  
through the night*

Your feeling all alone  
Nowhere to turn  
It's a lesson to learn  
Seek Hashem, He listens  
to each word

Feel His guiding hand  
Each step you take  
Every move you make  
Is part of His plan

Each piece fits perfectly  
G-d's ways are just right  
Feel the light  
It'll be good, you'll see

By: Shira

### ***This Too Shall Pass***

Depression is:

A kind of darkness I shouldn't have known  
Each organ morphing into cold, hard stone  
I'm hollow and there is far too much time

Anxiety is:

Too scared to dream that one day  
I'll be grown  
For I can't do anything on my own  
I'll fake a smile and breathe till bedtime

OCD is:

I know I just checked, did I turn off the fire?  
All thoughts on repeat,  
must be a broken wire  
It's true- I'm obsessive and compulsive

Panic is:

I'm in the grocery store and my body's a liar  
Heart racing, palms sweating,  
the situation's dire  
Fight or flight? Time to be impulsive  
The status of my mental health  
Has cost me more than terms of wealth  
I'm a twenty-one year old piece of glass

And while others pray for a shidduch to find  
I'll be here whispering for peace of mind  
Remembering:

*This too shall pass.*

By: Chany

Hashem I cry out at night  
I'm all alone please hold me tight  
Why can't you wipe away my tears  
and take away all of my fears  
I felt so alone all of these years  
Why can't you make your little girl  
be happy as can be, to dance and twirl  
Why does life come with pain  
Why can't happiness and love remain  
Why does life have to be so tough  
I don't feel safe - I had enough  
Show me, guide me -  
I don't want to fall  
For if danger's near -  
All alone, I'm so small

## READERS SUBMISSIONS

A song by: Malka

We've seen more than we should  
We'd have helped it if we could  
Made out to be a burden  
Made out to waste your time  
I'm told I'm balancing on the borderline  
Will fight this system stigmas and frowns  
We won't let it get us down  
We are stronger than we think  
And survival you throw  
We are survivors let's be proud of what we know  
We've been branded we've been labeled  
We are emotionally unstable there's confusion in  
my mind I feel I've committed a crime  
I'm told I'm bouncing on the borderline

Will fight this system stigmas and frowns  
We won't let it get us down  
We are stronger than we think  
And survival you throw  
We are survivors let's be proud of what we know  
Where's the Dustbin diagnosis borders psychosis  
and neurosis  
We don't fit into your boxes doors revolving don't  
you find?  
I'm told I'm bouncing on the borderline

Will fight this system stigmas and frowns  
We won't let it get us down  
We are stronger than we think  
And survival you throw  
We are survivors let's be proud of what we know  
Let me sing of recovery it has started to happen too  
This doesn't last forever one day we will be free  
We'll be walking on dry land eventually  
amen!!

# READERS SUBMISSIONS

By: Anonymous

## **I accept the process**

I will enjoy the journey  
goals that will be achieved

With belief

With faith in myself

With time

And patience

And hard work

I will enjoy living with myself

I will enjoy living with my  
family

While we work towards  
our goals

## **Pain**

Pain

Can grow

like wildfire

Can attack you suddenly

Can choke you

Can ignite you from inside

Till you need to run

Run far

Pain can be so scary

If you allow it

If you give it

Oxygen

If you allow it  
mastery over you

Or you can own  
your pain

You can let it

Spread inside

Your heart

Let it touch you to the core

Almost taking your breath  
away

And you cry

And cry

And cry

You are not fighting  
the pain

Or running away

Yet you are not denying  
the painful reality

You are accepting  
it as part of your life

And when you allow  
the pain in

You can allow in joy  
and hope

You can accept that you  
cannot control

Your life and its challenges  
You can accept the highs and  
lows of your life on this earth

And when the pain comes  
It comes

But the intensity will pass

And the joy will come too

And with it hope

I am doing so well

I am handling my challenges  
with grace

With acceptance with  
humility

With humor with faith

I reach out for support

I am pure and holy

I have a beautiful Neshama

I am a beautiful person  
inside and out

I make mistakes and grow

I have self control, self  
awareness and strength to be  
a moral and healthy person

My challenges don't make  
me weak or bad

My taking meds and going  
for therapy is holy.

My challenges make me  
Stronger, make me better.

Everything I do is with Torah  
guidance.

I am a good person.

I love myself.

I believe in myself.

My family's pain and  
challenges are from G-d.

It is not my fault.

I am a good girl.  
A good wife mother and  
daughter.

## **A Beautiful Process**

I want to run  
from the pain

And the hurt

The frustration

The resentment

The exhaustion

The challenges

of my husband

and children.

I want to live  
free of the tension  
and difficulty.

Of dealing with  
the challenges

of my marriage  
And children.

Yet, these  
challenges are  
tailor made.

They are not  
meant to break me.  
They are meant to  
build me,

My husbands  
unique challenges  
are specific for my  
growth.

My children's unique  
difficulties are  
directed for my  
growth.

These are not bad,  
dangerous things.

These are growing  
pains. Life pains.

It means I'm alive

I'm growing

I'm building

and it's a painful  
process.

But a beautiful one.

# READERS SUBMISSIONS

A song by: Shayna L

Deep depression  
Oohh in such a state  
One can't imagine unless it's their fate  
Searching for support  
No one in sight  
Feeling too abandoned  
I pray with all my might

A postcard I get from Heaven  
You're not alone in this depression  
Women who possess such strength  
Acceptance of the test  
Stares me in the face.

Chorus:

Chazkeinu we strengthen ourselves  
by strengthening each other  
Chazkeinu the stigma ends here  
We are here for one another arm in arm  
When the sun has set  
Darkness all around  
I see a faint glow  
The light bursts through  
yes, Chazkeinu that's you

I lose the battle at times  
but we will win this war together  
lifting our eyes in prayer  
we ask you Hashem to grant us  
a Refuas Hanefesh Healer of the soul  
L'cholei Amo Yisrael to all  
the Nation of Israel

I lose the battle at times  
but I will win this war together  
with Chazkeinu by my side.

By: Lily

Tormented and broken  
Time and time again  
How much longer can it go?  
When it already feels so low

How much more can I trust  
only To be let down??  
To trust and believe  
And then be rejected?!

The pain's too great  
So why do I keep trying?!

The hearts broken  
Why keep mending it?!

It's broken it's broken  
How many times can I attempt??  
To pick up the fallen pieces  
To complete the heart again?

How many more times  
Will it be expected of me  
to pick myself up again  
To continue and just be!??

I fall, I get kicked even more.  
I try to stand up, I get shoved down.  
I try to heal, I get pierced  
I try to move on, I get stabbed

So what's the point?

Can't you see it's so fragile  
like all broken hearts are?!  
why do you insist on pouring pain  
On its cracks already soaked with  
tears??

# READERS SUBMISSIONS

A song by: Chani S.

My precious child, I hear you call, I heard you cry  
My only one, I heard you fall, I heard you sigh  
Moments of frustration have not escaped Me  
Questions and deliberation not to forsake Me  
You're struggling to cope alone with all your pain  
You walk the path of greatness all over again  
Emotions take you with a force so strong  
Just know My child, I'm with you all along:  
Stand tall, be strong, precious child of Mine - do not despair  
As all along, all the time I'm always there  
Feel My presence all the way, it will lessen some of your pain  
Reach out to Me and pray, I will remain  
Dry your tears and have no fear, it's not in vain!  
You walk the streets, you see them all - as life moves on  
You smile and greet, you stand so tall till they are gone  
But I know that inside your heart is breaking  
I see the effort and toil that it is taking  
Every moment, every fight a precious jewel  
Your pain and struggle day and night, your every tool  
The reserves of strength you take from deep inside  
They stand before Me, filling Me with pride  
Stand tall, be strong precious child of Mine, do not despair  
As all along, yes all the time I'm always there  
Feel My presence all the way, it will lessen some of your pain  
Reach out to Me and pray, I will remain  
Dry your tears, and have no fear - it's not in vain!!!

By: Anonymous

Sometimes  
I feel stuck  
Confused  
Sad  
Lonely  
Like I've lost my way  
I feel low  
Worthless  
Nothing special  
Not competent  
Not successful  
Not special  
Work is hard  
Supper is hard  
Driving is hard  
Bedtime impossible  
I feel like I'm not doing  
Anything for my children  
They don't eat what I cook  
They don't go to bed  
They don't listen to me  
And I often yell at them  
And show them my frustration...

...So I feel stupid  
Stuck, Yucky, Bla  
At home In the cold of winter  
Apart from my family  
Not part of a community  
Missing my husband  
Missing sunshine  
My sunshine  
My glory, the attention  
And admiration  
From friends family  
Community, I feel like a loser  
At home, Sometime at work  
In the community  
Bc I'm rating myself superficially  
And I'm forgetting about  
The real purpose in this world

And the soul within me  
And that the sunshine  
Of my youth was superficial  
I didn't earn it  
It wasn't a product  
Of sweat, tears, and hard work  
It was outer trappings  
It didn't make me special  
And now without  
Outer trappings  
Of beauty, success  
Now when I sweat  
And work so hard  
For the smallest things  
And I feel dumb  
Spending hours on  
Supper and bedtime

And my major accomplishments  
Are cutting nails, washing hair  
And not yelling,  
I have it all wrong  
Learning all of Tanach was extra  
Making supper, speaking calmly  
Respecting hubby  
Letting go of order and law  
With testing exploring toddlers  
Is the real stuff, is what counts  
Is what polishes my soul  
And makes my journey  
In this world worthwhile  
For each moment of hard work  
Of letting go, of holding back  
In the privacy of my home  
Receives applause  
On High

# READERS SUBMISSIONS

By: Anonymous

## ***"I Deserve to Love Myself" (the letter I wrote myself)***

Dearest Becky, (me)

There are a few things I want to share with you. Things you don't know, or don't believe about yourself. But you deserve to know it and believe it.

Becky, take a look back at your life. Look at all the pain, the suffering, the torture the abuse, the fear, the neglect, the burns, the troubles, the sorrows. Look at what you've lived through and were able to put up with. Look at yourself now and what do you see?

A brave, strong, courageous woman who battled the worst battles and went through hell and back.

A woman who has fallen many times and got back up time and time again because she could do it! You've survived a hundred percent of your worst days! Look at this woman and tell me why she doesn't deserve to be loved by herself. Becky, you deserve to love yourself. You deserve to be kind and compassionate to yourself. You deserve good and you deserve to be happy.

Becky, there are voices in your head that try to convince you otherwise, that you're worthless and unimportant, that you're unlovable and stupid. Those voices were created by you and nobody else, and only you have the power to change that. Only you have the power to decide, "I'm lovable, I'm worth it, I'm OK, and I'm good enough!" And believe it! You deserve to believe in yourself! You deserve to believe that you can do it! You've come to this point.

You grew and blossomed in so many ways. I've been with you all along the journey, but you never notice and never believed anything I said. You pushed me away when I tried knocking at the door, telling me that I didn't belong. Many times, I wished to convince you how wonderful, precious and special you are but time and time again I was taken over by the evil voices in your head. I won't give up, I will try again and again to tell you how great you are. You are a single mother, a single fantastic amazing patient and loving mother, who's battling a severe mental illness. How many people do you know that have dealt with that? How many people do you know that, on top of that, Have been neglected abused and brainwashed as a child, have lost the innocence of a childhood, topped by an abusive marriage? Becky, you can argue that you

know people who have had similar struggles, but how many do you know that came out as strong and empowered as you? That have never given up, even through raging fires and fierce battles?

Becky, I wish you can let go of those ugly voices! It pains me to see them consume you! It's okay to feel anger, resentment, grief; it's okay to cry, cry and cry more. It's all normal. But I want you to internalize what I am telling you here. There will always be obstacles, always stigmas that will be a roadblock. There will always be other people who will put you down, and situations that will seem unbearable, but always remember, "all is in the eye of the beholder." You are what you define yourself to be, not what the rest of the world defines you as. And in my eyes you're a hero!! And I hope you can trust me. It's scary to come out of the cave. You protected yourself for most of your life, and I'm not here to pull you out.

Be gentle with yourself, it takes time, one step in front of the next. Slowly you can emerge and blossom, taking all your qualities and your belief in yourself to grow the most beautiful garden, the garden of the bigger and better life, a garden filled with the beautiful you, your talents, your strength and your courage. You need to plant those seeds by letting go of that evil and torturous voice in your head, and embrace my love, my open arms, and my belief that you are so worth it, more than you can imagine, and you can do it! I'm not asking for much, just one small step, try to be open to letting go of the past and embrace the loving arms, so I can hug you tight and say, "Becky, I love you, you are dear to me and YOU ARE SO WORTH IT!!!"

Becky, I love you from the bottom of my heart and I'm so proud of you for every step of your journey. I will never let you go and will never disappoint you! I will help you be kind and compassionate, to find the real you, the you who I know and you want to be. Becky, I'm here and I'm not running away. I'm ready for your embrace, when you're ready. Stay strong, be kind and loving to yourself, and I'm rooting for you!! Take care of yourself!!

With Deepest Love,

The Real You!

# Feedback



I really look forward to those twice a week Chazkeinu call conferences!

It really makes a difference  
in my week!

Yours truly,  
Chany Schwartz

Chazkeinu has alleviated some of the loneliness I felt after being diagnosed with mental illness. I was overwhelmed and confused as I watched my life take on an entirely new and foreign dimension. The weekly phone line is a stabilizing force that helps ground me as things shift and develop. The recordings are my friends; they're for me at times when no-one else can be. I go back to revisit my favorites again and again. Chazkeinu is my lifeline; its founders are my heroes.

You guys are the best!

Batsheva

There are a number of aspects that contribute to my appreciation of Chazkeinu. To name two of them; I feel that the professional component of how the group runs definitely contributes to its success thus far. In addition, the support that is offered via the phone line and partner program takes a big load off the shoulder of those suffering.

What was once seen as a stigma that included the "don't talk, don't tell" rule is now coming to light as an illness just like any other physical illness because in actuality it is a physical illness that involves the brain.

Thank you and best wishes for a peaceful Shabbos,  
Simie

I'm new to Chazkeinu but have enjoyed listening in. I love the name because it means "strengthen us" and it's true that you have strength in numbers.

All the best and  
Shabbat Shalom

Chazkeinu is a ground-breaking idea and long overdue in the orthodox community. Keep up the excellent work!

Anonymous

Chazkeinu came just at the right time! I've been decreasing my antidepressants with very little family support to back me up. I heard Zahava's story on Chazak and the rest is history. Wishing all of you a lot of Siyata Dishmaya

REMEMBER: Since we're fighting a formidable challenge, we are  
HEROES!

HATZLACHA to the Heroes!!  
Miriam

Before Chazkeinu, I felt like I was damaged goods. I need meds and therapy. I have major emotional issues. I felt I was not normal. Now, after listening to many Chazkeinu members sharing their stories. I heard sophisticated, educated, very very normal women share their struggle with mental illness. It made me realize, hey! They're so so normal. That means I'm also normal, even with my mental illness. It was a most wonderful realization. I don't think of myself as damaged goods anymore. I think of myself as a regular person with a tough challenge. Thank you Chazkeinu!

Thank you so so much Zahava and co-founders!! This support group is so absolutely awesome. It built my self respect. It makes me feel less alone. I have a whole group of "friends" struggling and fighting along with me. I wish you much success in continuing this vital organization.



Chazkeinu gives me hope. Right now I am struggling, but every story that's shared on the line renews my faith that I will, b'ezrat Hashem, be in a better, stronger place one day.

-A Wandering Jew

Though I am older than the other participants, and I am not able to be on most meds, I am so grateful that there is finally a support group for Jewish women who suffer from any mental illness challenges.

I am in my seventies, b"H, thank G-d, and have close friends, young and old, who have suffered in silence for so long.

What I want to share is that our challenges have forced us to grow. None of us are the same judgmental, finger pointing people we were many years ago. We continue learning and working on ourselves every day, because we never know when the next challenge will come. As long as we are alive there will be challenges and we can't afford to fall each time. Our mantra is "ein od milvado". (no one besides "Him") If I do not believe that Hashem is creating every challenge specifically for my Tikun, (rectification) and I want to get it right this time, I will fail gain.

Wishing Chazkeinu so much Hatzlacha, success.

Marion from Baltimore

I do not have to hide or feel shame that I struggle with mental illness when I participate in a Chazkeinu telephone support group. I have learned from Chazkeinu speakers and it is wonderful to feel accepted by other women. I am grateful for Chazkeinu.

Sarah

Chazkeinu is a unique organization- or more like one big family!

It brings everyone together, When everyone is together, we're on the journey together and not alone! We have others to reach out to. Most importantly, we don't feel alone! We realize that it's not just me going through an illness or rough patch. There are others to turn to and connect with.

Chazkeinu has given me Chizuk- especially from all the beautiful poems/articles in their emails for call reminders. Everything is confidential, while you have the choice to open yourself up.

I have never seen an organization like Chazkeinu! Thank you Zahava and your co-founders for creating such a special and very much needed organization!

Hatzlacha Rabbah!

Chavi Stern

I'm a recent member of Chazkeinu and while I unfortunately don't get to always read all the newsletters, I love being a part of the Chazkeinu community and feeling less alone. That being said, I'm actually a published writer and have many many personal essays, poems and etc. collecting dust. Although I have published a few pieces on mental health. I am happy to share it with anyone who would like.

You can reach me through Chazkeinu.

All the best,

Julie (aka Yachy) Ackerman

To the best organization in this world, thank you for all you do to end this loneliness for all the effort and energy we see and don't see, Hashem should continue giving bracha, hatzlacha and only good. I am so excited for the Shabbos."

-Shayna L

# CHAZKEINU SPEAKER RECORDINGS



Recording #	Speaker	Date	Topic
1	Tamar	3/14/2016	Personal story
2	Yelena	4/25/2016	Personal story
4	Devorah	5/9/2016	Personal story
5	Marissa	5/16/2016	Personal story
8	Pnina	5/23/2016	Personal story
9	Dr Mara Tesler Stein	5/30/2016	Post Partum Depression
10	Tamar	6/6/2016	A mother's story
11	Ciril	6/15/2016	Personal story
12	Anonymous	6/20/2016	A story is read
13	Zahava	6/22/2016	Personal story
14	Dr. David Pelcovitz	6/27/2016	Coping, Communication, Connection, Building Resilience
15	Yael Kula	6/29/2016	Parent/child relationship, abuse
16	Simi	7/4/2016	Personal story
17	Dr. Aaron Feldman	7/11/2016	Relationships
18	Elyse	7/18/2016	Personal story
19	Sora	7/20/2016	Personal story
20	Dr. Melanie Levine	7/25/2016	Dealing with uncertainty
21	Jan	8/3/2016	A mother's story
22	Pnina	8/8/2016	Personal story
23	Chana Yetta	8/10/2016	Personal story
24	Rabbi Dr Jerry Lob	8/15/2016	Finding Serenity In a Painful World
25	Tova	8/17/2016	Personal story
26	Dena C	8/22/2016	Personal story, Refa'enu
27	Carly Cooper	8/24/2016	Seasonal affective Disorder
28	Shira	8/29/2016	Personal story
29	Chaya	9/5/2016	Personal story
30	Levi Yitzchak Alpert	9/7/2016	ADHD and depression
31	Shaina	9/12/2016	Personal story
32	Esti	9/15/2016	Personal story is read
34	Rachel	9/21/2016	Personal story
35	Dr. Yehuda Krohn	9/26/2016	Trauma
36	Yehuda Weisbord	10/10/2016	Giving a voice to painful feelings/defining personal judgments
37	Rabbi Grossberg	10/26/2016	Spiritual growth leading to emotional growth
38	Avigail	10/31/2016	Personal story is read
39	Dr. Sherri Lusskin	11/2/2016	Reproductive Psychiatry - medicine and pregnancy
40	Rabbi Avi Landa	11/7/2016	Anxiety and OCD - Exposure Therapy
41	Esther Gross	11/9/2016	Growing through challenges, reaching out to Hashem
42	Elyse	11/14/2016	Personal story from a therapist (recording starts after few minutes)
43	Atara	11/16/2016	Life Coaching - The "N.L.P." approach
44	Sarah	11/21/2016	Personal story
45	Dr. Tal Weinberger	11/28/2016	A psychiatric view on Anxiety Disorder
46	Chani	11/30/2016	Personal Story - "Create your own normal"
47	Rabbi R.	12/7/2016	A father's story
48	Rabbi Hendler	12/12/2016	Social anxiety and Phobia
49	Rivka	12/14/2016	Personal story

**Note:  
recording numbers  
3,6, and 7  
are no longer on the  
playback line.**

# CHAZKEINU SPEAKER RECORDINGS CONTINUED...



Recording #	Speaker	Date	Topic
50	Dr. Lasson	12/19/2016	Dealing with guilt
51	Sharon	12/21/2016	A Mother's story
52	Atara	12/26/2016	Personal story is read
53	Laura Marder	12/28/2016	Social anxiety vs. Shyness
54	Rabbi Hauptman	1/2/2017	Qualities of an effective therapist
55	Rabbi Dr. Jonathan Schwartz	1/4/2017	Transforming Perfectionism into Optimism
<b>LOOKING FORWARD TO MANY MORE!!!!</b>			



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