



SUPPORT GROUP

For Parents of Children with Attention and Executive Function Issues

First Wednesday of the Month

8:00 - 9:15 p.m. Via Zoom

RSVP today by emailing rsvp@shemeshbaltimore.org or by calling 410-843-7589.

Registration in advance required.

Zoom link will be provided in your confirmation email.

There is no fee for attendance. Confidentiality assured.



APRIL 7

Spring is Here! Going Green for ADHD

Discussion facilitated by Faye Friedman, SHEMESH

MAY 5

Eating and Moving Mindfully Through COVID

Facilitated by Adriane Stein Koslovsky, Registered Dietitian and Certified Yoga Instructor

SHEMESH, a proud agency of The Associated: Jewish Federation of Baltimore, depends on the funding it receives from The Associated's Annual Campaign. Now, more than ever in its 100-year history, our Associated network needs your support. Together we are addressing the urgent and critical needs of those most affected by the current coronavirus pandemic while ensuring the health and vitality of our community members through social services and connections to meaningful Jewish experiences. Donate today at associated.org/giveshemesh.

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