

# WOMEN GATHERING

## WELL CIRCLE

for women in their 30s and 40s. Are you interested in learning about yourself from the inside-out, cultivating relationships, and uncovering personal connections to inherited wisdom and rituals? This gathering connects women to body, soul, and community through wellness learning and Jewish spirituality.

APRIL 20, MAY 19,  
JUNE 23 - 7PM

## MUSSAR FOR MOMS

for women parenting pre-school and elementary school aged children. Do you want to increase awareness of yourself, and build confidence to be the best parent that you can be? This gathering will use conversations based on Jewish texts along with daily practices to set each of us on a personal path towards self-discovery and transformation.

APRIL 19, MAY 3, MAY 17,  
MAY 31, JUNE 14 - 7PM

## W O M E N G A T H E R I N G C O H O R T S

WOMEN GATHERING TOGETHER HAS BEEN A HALLMARK OF JUDAISM SINCE BIBLICAL TIMES. ROSH CHODESH, THE FIRST DAY OF THE MONTH ON THE LUNAR CALENDAR, HAS BEEN SET ASIDE AS A TIME FOR WOMEN TO GATHER, **STUDY, TELL STORIES, AND SHARE EXPERIENCES.** IN EACH OF THESE SMALL GROUPS, **WOMEN WILL CONNECT WITH ONE ANOTHER THROUGH TEXT, JOYFUL CONVERSATION, AND A COMMITMENT TO LIFT ONE ANOTHER UP.**

## BECOMING

for women with children age 15+. Are you looking for community and conversation with other women whose children are transitioning to independent adulthood? This gathering will include time to share joy, commiserate and glean insights from Jewish texts. Gathering for drinks/coffee to share stories, challenges and opportunities.

APRIL 22, MAY 20,  
JUNE 10 - 7PM

## WISE WOMEN

for women who are empty nesters. Are you interested in engaging in conversation about the excitement and challenges of a new stage of life? Want to explore what Judaism has to say about transitions, and new experiences? This group will explore Jewish and secular texts along with guided conversation.

APRIL 27, MAY 18,  
JUNE 22 - 7PM

**WANT TO LEARN MORE?**  
**CONTACT SUSAN SCHWARTZ:**  
[SUSAN@BUFFALOJEWISHFEDERATION.ORG](mailto:SUSAN@BUFFALOJEWISHFEDERATION.ORG)

**LOCATIONS FOR  
EVENTS TBD**