



REGISTER ONLINE AT
[BIT.LY/ADULTEXP2021](https://bit.ly/adulexp2021)

*All meetings
are held over
Zoom unless
otherwise noted.

MUSSAR FOR MEN

Mussar for Men, facilitated by Rabbi Ori Bergman, will use conversations based on Jewish texts along with contemplative daily practices to set each of us on a personal path towards self-discovery and transformation. This group is designed for men who are parenting young children.

8:00 - 9:30pm

October 5, November 1, December 7, January 4,
February 1, March 1, April 5, May 3, & June 7

For more information, contact Rabbi Ori Bergman
at Oribergman@gmail.com

MEN GATHERING

Men Gathering, facilitated by Rob Goldberg, is a monthly opportunity for men ages 30-60 to gather over food and drink for casual conversation about issues and events that matter such as fatherhood, politics, Jewish culture, and anti-Semitism. This group meets in person when possible, in different locations.

8:00 - 9:30pm

October 21, December 2, January 6, March 10,
& May 5

For more information, contact Rob Goldberg
at Rob@buffalojewishfederation.org