

7703
Hinda Helps
Helping Individuals Ascend



Finding Joy in the Depths

Description

This course seeks to answer the question of how do we find joy in our lives after trauma, incarceration and pain. The course is led by prison chaplains and by our clients who have experienced challenges yet found joy. This 5-week course runs over the Jewish Holiday season - a time of introspection. It is open to anyone who is seeking a more meaningful life. Workbook included.

When: The course runs subsequent Thursdays by ZOOM at 7:30 PM CST or 8:30 PM EST. See syllabus.

ZOOM LINK: <https://zoom.us/j/97117525007>

Contact Admin.rbrb@hindahelps.com for more information.

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	Each session will answer a critical question to finding joy	DATE
1	Why is it important to live life with joy? How can we view the challenges and negative events in our life in a Positive Light?	Aug. 19
2	What is our mission in this world? Do bad things happen to good people?	Aug. 26
3	How can we stop negative thoughts depression or anger?	Sept. 2
4	How can we use pain to transform ourselves?	Sept 9
	No class on Yom Kippur	Sept 16
5	How can we let go of our failures to live a more transcendent life?	Sept. 23

