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Starts: 20:16 Ends: 21:35 (RT: 21:47)

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for Ladies & Girls

לעילוי נשמת

RABBI ZECHARIA
WALLERSTEIN זצ"ל



Introductory words by

OSHER CHAIM LEVENE

REFLECTIONS OF HIS LEGACY

RABBI MOSHE LEVY

REBBETZEN ESTI HAMILTON

Sunday 8th May 8:30 pm

(Doors open 8:15pm)

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(5 – 8 PEOPLE)

BROOKLYN – £150
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MANHATTAN – £300
(15 – 20 PEOPLE)



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many thanks." Shosh

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03.07
2022

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BIKE4KEF is back with its 100mile and 100km challenge and for the first time this year a 50km route especially for new riders. Cyclists of all abilities can take part with all funds raised going towards respite and support services including after-school activities and residential camps.

To make a difference register today to BIKE4KEF.

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IN AN EVER-CHANGING WORLD

FOR PARENTS OF CHILDREN & TEENAGERS

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www.the.designdrive.com

1

Perfectly Imperfect:
 Parents as role models
 Are we aiming too high?

Sunday 8th May
 at 8.30pm

2

Resilience:
 More than just
 a buzzword

Sunday 15th May
 at 8.30pm

3

A different kind of TLC:
 Investing in the
 parent/child relationship

Sunday 22nd May
 at 8.30pm

FOR MEN & WOMEN

185-187 GOLDERS GREEN ROAD, LONDON NW11 9BY

experience
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With
Gila Levitt
MONDAY MAY 9TH

- **Acquire**
a new perspective into **"Kedushas Habayis"**

- **Identify**
what is blocking you from oneness and bliss **WITHOUT
HAVING TO BE PERFECT**

- **Discover**
what you have to do to take your marriage to a new level

"This is a MUST for every married woman. I listened 4 times, have taken 15 pages of notes, and called my daughters to encourage them to sign up for the next time..." M.S. Monsey

"I have been teaching Kallas for 15 years. I humbly admit that this was information I did not have...Thank you Gila."
B.W. Yerushalayim

"I was blown away by the openness and clarity while still being refined and tzanua." D.R. London

"Finally, FINALLY someone addressing the real issues in our marriages. I feel so validated...THANK YOU!!" L.F. Lakewood

Due to the sensitive nature of this topic, registration is required.
[https:// join.heartofmarriage.org/free](https://join.heartofmarriage.org/free)



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Sardine Fillets
in Canola Oil*
with Chili peppers

Sardine Fillets
in Canola Oil*
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SARDINES
in Canola Oil* with Chili peppers
Size: Big 2-5 pieces

SARDINES
in Canola Oil*
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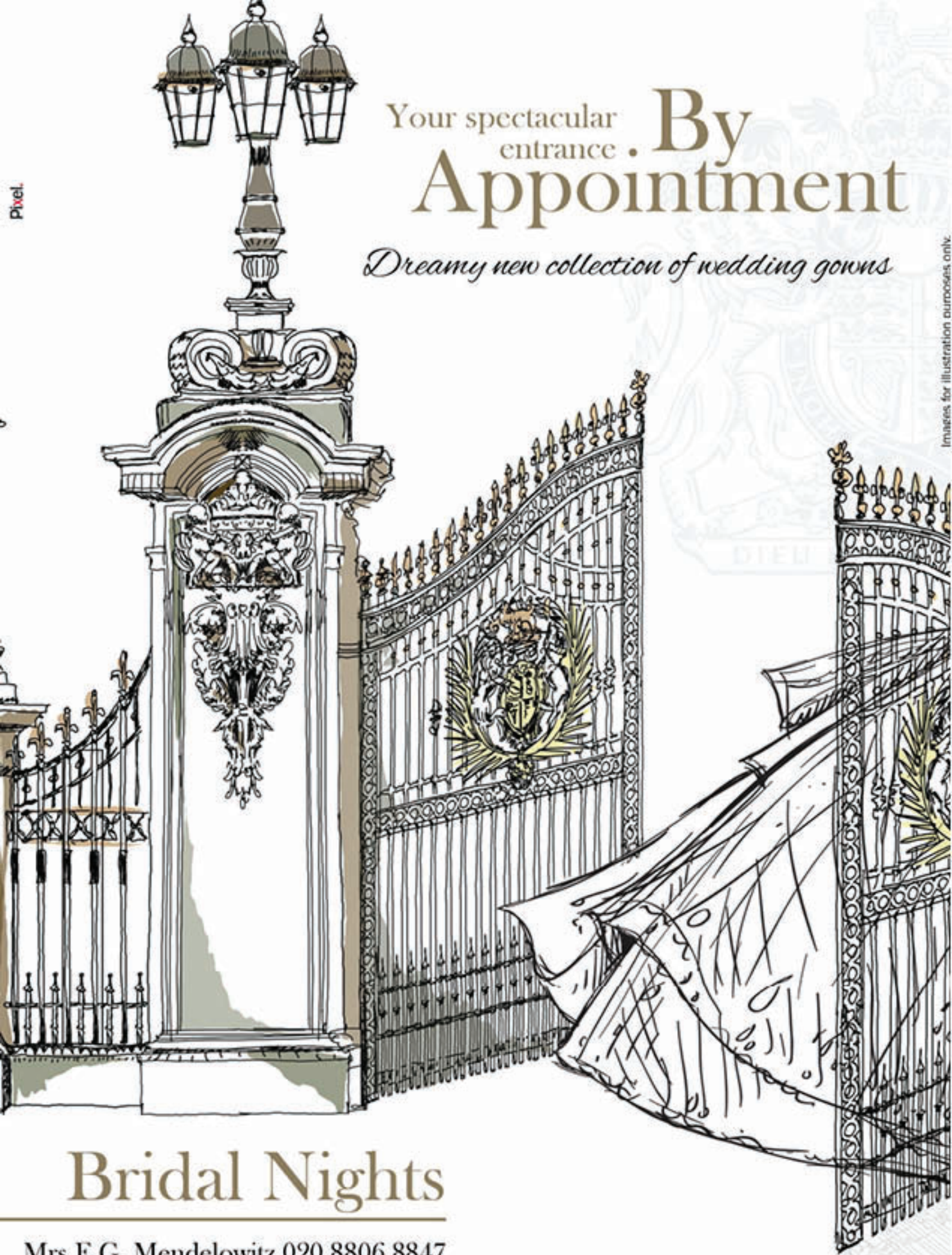
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in Canola Oil* and Lemon
Size: Big 2-5 pieces

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קדושים | Rabbi Mendy Chissick | 7th May
 אמור | Rabbi Meir Rapaport | 14th May
 בהר | Rabbi Yonason Roodyn | 21st May
 בחוקתי | Dayan Yehoshua Posen | 28th May
 במדבר | Rabbi Shimshon Silkin | 4th June
 (ערב שבועות)

exploring
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Time: 7:00pm

Location: 94 Leaside Crescent, NW11





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"MY CAREER AND ACHIEVEMENTS"

Date: Tuesday 10th May

Venue: Miriam Rachel Wohl Hall, The Riding, NW11

Time: 2.30pm

Entrance by donation

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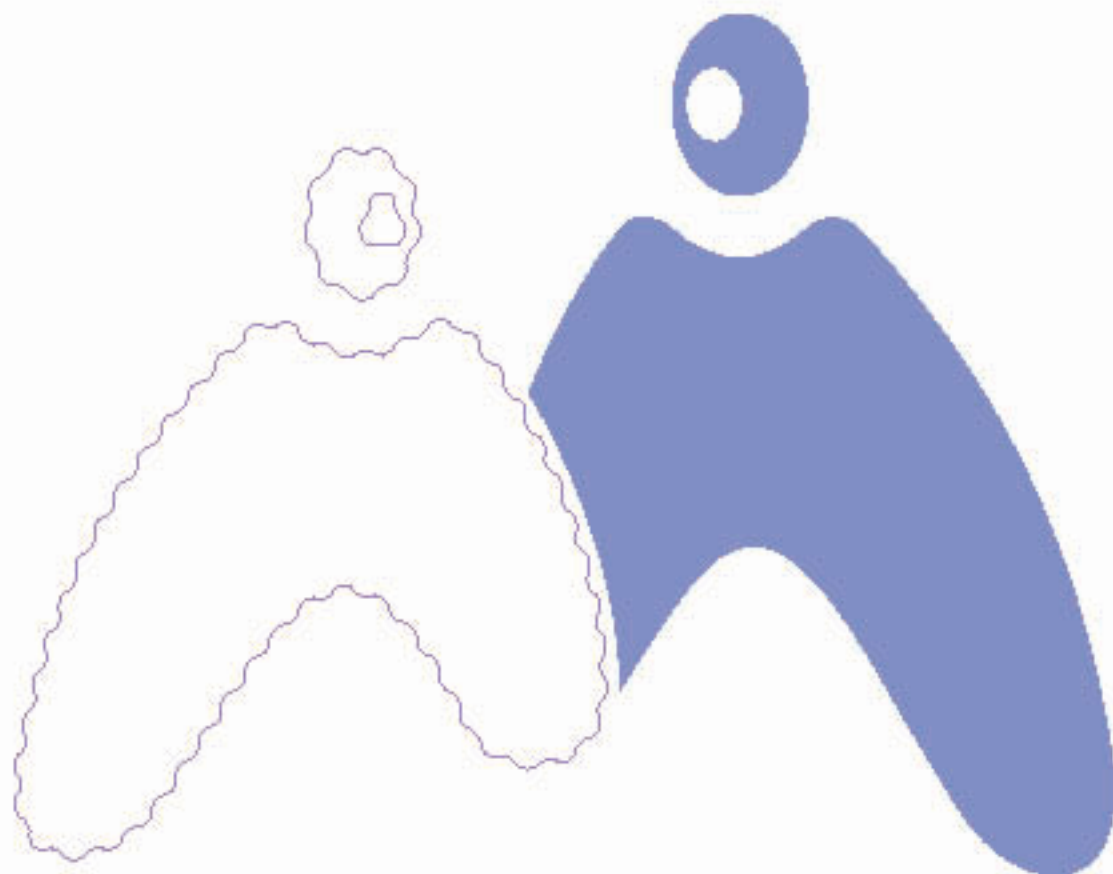
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Trauma Truths No. 1



Birth Trauma Can Affect Any Birth

Any birth can cause birth trauma, not just 'difficult' ones. Women can feel traumatised by many factors including loss of control, a lack of volition, loss of dignity, feelings of being invisible and not listened to, or medical intervention without consent or understanding. All these situations can lead to trauma.

Birth trauma can also be caused by upsetting events during pregnancy and post-birth. For example, miscarriage, Hyperemesis Gravidarum (HG), feeding issues, and experiences that feel unexpectedly prolonged can cause trauma. (These are examples of how trauma can be caused by a series of experiences not just a single event.)

Not all women respond to traumatic experiences in the same way. 80% of women having a traumatic birth recover and process the trauma naturally. The remaining 20% may not.

Motherhood can be a joy, so Menucha provides understanding, non-judgemental advice, specialised therapy services, and referrals. Our Birth Trauma Resolution Therapy (BTR) can remove the symptoms of trauma helping you to feel strong, move forward with life, and enjoy motherhood. **If we can help, let's talk.**

To see all the adverts in this series visit
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Wednesday 11th May
ט' אייר 8:30pm



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Rebbetzin
Micky Kallus

If you are not yet registered contact
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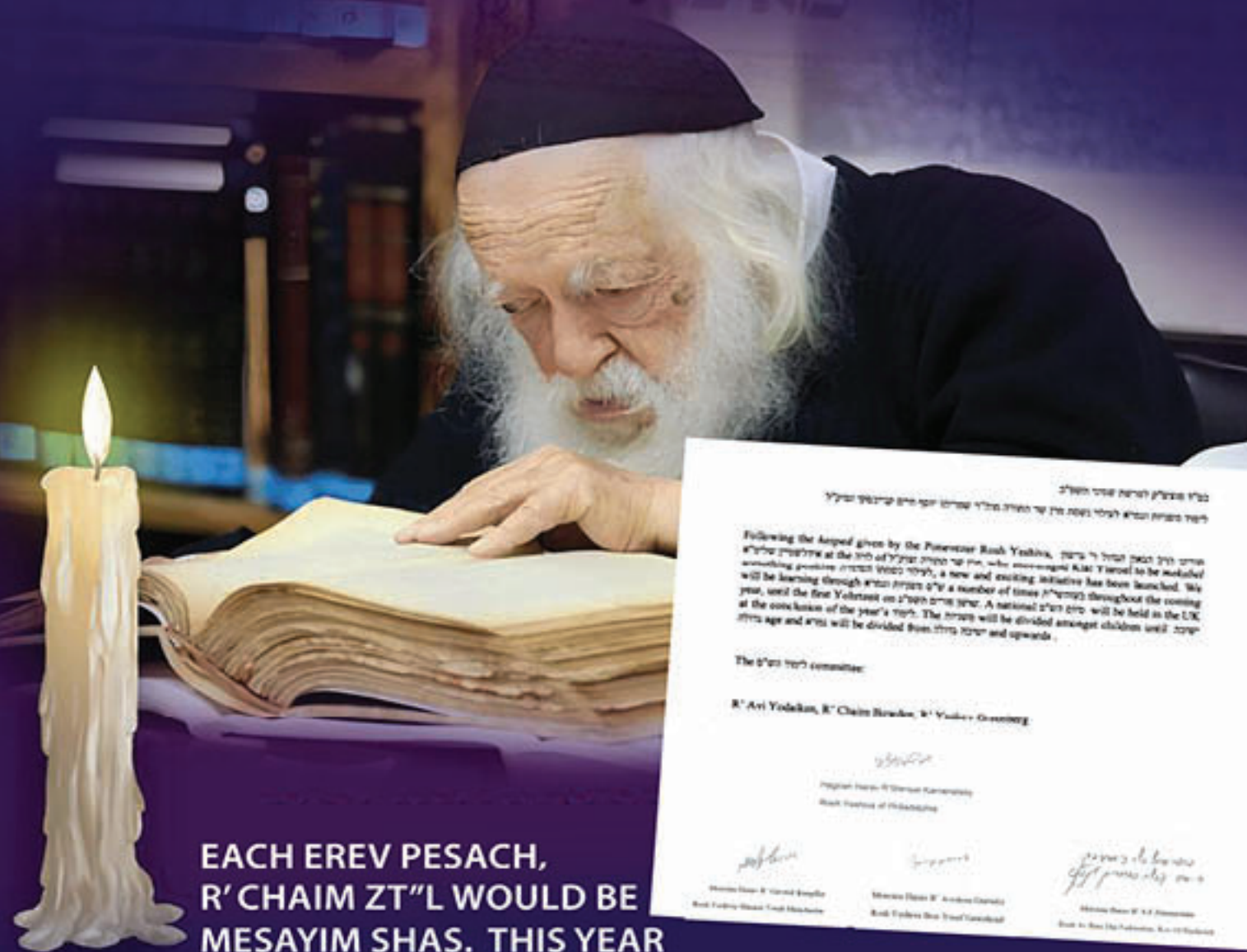
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UNDERSTANDING MESORAH

(Mishna 1 & 3)

21 MAY

THE CONCEPT OF THREE

(Mishna 2,4 & 5)

28 MAY

WHAT IS DAAS TORAH?

Pirkei Avos in depth @ 19:00 followed by Mincha

EVERY SHABBOS

14-28

MAY

UK TIME

19:00 - 20:00

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LOCATION



JLE



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11 JUNE

UNDERSTANDING
OF SELF

18 JUNE

TORAH AS THE
EPICENTRE OF LIFE

25 JUNE

SILENCE

Pirkei Avos in depth @ 19:00 followed by Mincha

EVERY SHABBOS

11-25

JUNE

UK TIME

19:00 - 20:00

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LOCATION



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- Nightmares
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- Confident
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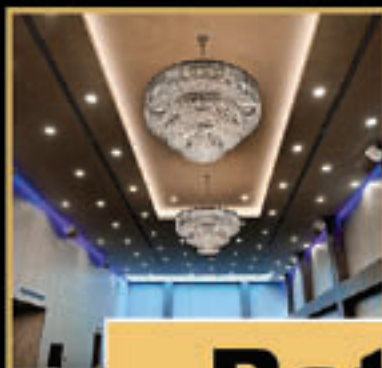
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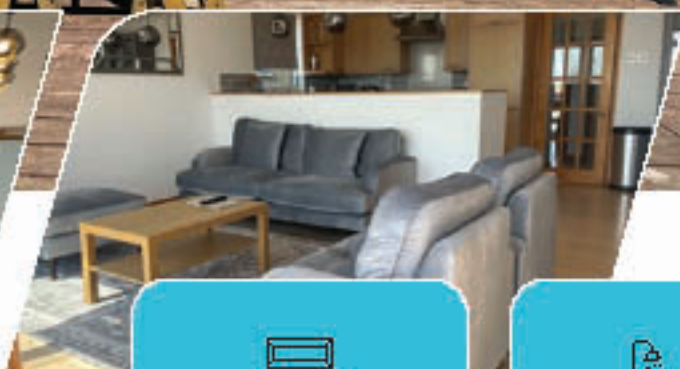
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Applications will be processed as and when received.
Applicants are advised to apply early.

Our School and all its personnel are committed to safeguarding and promoting the welfare of the children. This post is subject to an Enhanced Disclosure Application to the Disclosure and Barring Service.



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תורה תמימה

ע"ש ר' אברהם חיים ז"ל

Torah Temimah Primary School

Parkside, Dollis Hill, London NW2 6RJ
Tel: 020 8450 4377
email: admin@torahtemimah.brent.sch.uk

ראשון: Rabbi E Klyne MA (Ed) אלוט'א
Headteacher: Mr M Coleman BEd (Hons), QTS, NASENCO

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Full time preferred, but we may consider part time.

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If you would like any further information, an application pack or to book an appointment to see our amazing school in action, please contact Mrs Dinah Herman, our School Manager, on **020 8450 4377**, or email school.manager@torahtemimah.brent.sch.uk

Torah Temimah is committed to safeguarding and promoting the welfare of all children and expects all staff and volunteers to share this commitment. Appointments will be subject to a satisfactory Enhanced DBS check.



תורה תמימה

ע"ש ר' אברהם חיים ז"ל

Torah Temimah Primary School

Parkside, Dollis Hill, London NW2 6RJ
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ראשון: Rabbi E Klyne MA (Ed) אלוט'א
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For further information, visit www.torahtemimah.wordpress.com or contact the school manager at schoolmanager@tps.org.uk or **0208 450 4377**

Applications will be reviewed and shortlisted as they are received. Due to the high volumes of applications received, Torah Temimah reserves the right to close the advert at any time. Successful candidates will be contacted directly regarding interview arrangements.

Torah Temimah is committed to safeguarding and ensuring the well-being and safety of staff and students. All our employees, volunteers and contractors share this commitment, and we will carry out Enhanced DBS checks for all appointments as well ensuring that our rigorous pre-recruitment checks are strictly adhered to.

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- Enjoy working with, and be able to relate to, young people. You should be committed to equal opportunities, young people's participation and empowerment.

**For an application form and job description
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For an informal discussion about the post,
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BEHAVIOURS ARE NOT PROBLEMS. They are information that tells us what is happening in the brain and body. When we understand this language, we can solve the challenges at the root cause.

Do you want the good news?

When we take care of any disorder in this way we truly heal the brain, body and mind with lasting results.

We become empowered to be respectful of ourselves and those we live and work with and we achieve phenomenal results in all areas of our lives.

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Lack of sleep, picky eating, bedwetting

You CAN:

Read, write, do physical tasks and organise yourself with ease.

This is a systems approach. Neurodevelopment considers all aspects of brain and body functioning including but not limited to our sight, hearing, taste, smell and touch and also our muscle tone, vestibular (balance) and proprioceptive (sense of self in space) functioning. By supporting the messages from brain to body and vice versa all areas of our information pathways are smooth and it is possible to succeed with ease.



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