

Join us to learn how to manage holiday stress and prioritize self-care for a healthier season.



Mental health stigma continues to be a major societal challenge, preventing individuals from seeking care and making many hesitant to share their struggles. This can exacerbate symptoms and diminish overall quality of life; let's focus on achieving stigma-free mental well-being in our community.



Wednesday, December 17, 2025
2pm via Zoom

Featured Speaker:



Katherine Murphy, CEO
NAMI Palm Beach County



Register online by Monday, December 15, at www.AlpertJFS.org/LifePlanning
For more information:

Contact Tami Lustig, MSW | Tami.Lustig@AlpertJFS.org | (561) 713-1917

This program is in alliance with Ruth & Norman Rales JFS, Goodman JFS Joshua's Path, and Miami Jewish Abilities Alliance.

If reasonable accommodations for disability are required, please contact Tami Lustig a minimum of five (5) working days prior to a program.



Joshua's Path



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