



The Mussar Institute *Presents*

TEEN PROGRAM

MUSSAR FACILITATION TRAINING

A SERIES FOR JEWISH EDUCATORS

Summer 2022!

Five Group (Va'ad) +
Four Partner (Chevruta) Sessions.
Chevruta Sessions meet in off weeks.

Va'ad Sessions:

Wednesdays 1 - 3 p.m. ET

June 22: Mussar Bootcamp
(1 - 3:30 p.m. ET*)
June 29: Session 1
July 13: Session 2
July 27: Session 3
August 10: Session 4 Practicum
(1 - 3:30 p.m. ET*)
*Note extended session time.

Tuition

There is no financial cost for this training. We expect participants to commit to bringing the *Challenges & Choices: A Jewish Teen's Guide to a Balanced Life* program to your congregation or organization in the upcoming school year.

[Please Apply Here](#)

Learn More

Please visit our website at
www.mussarinstitute.org/challenges-choices-teens or contact
Leslie-Anne Copes-Finke at
leslie-anne@mussarinstitute.org
or call 617-947-0423.

www.mussarinstitute.org



**challenges
and choices**
A Jewish Teen's Guide to a Balanced Life



Give teens in your community practical skills drawn from the Jewish tradition of Mussar, offering valuable lifelong tools to manage the challenges and choices they face every day, all while cultivating a deep sense of balance, gratitude, and joy.

"Teen life can often be complicated, stressful, and isolating. The essence of Mussar is to practice self-reflection, to build bonds and foster the support of a spiritual community, and to process experiences in a safe and sacred space created together – processes that serve well in all of life."

- Alan Morinis, Founder, The Mussar Institute

- Learn strategies to facilitate Mussar for teens.
- Become familiar with TMI's Challenges & Choices curriculum.
- Expand and deepen your personal Mussar practice.
- Experience facilitating in our va'ad (spiritual learning group).
- Connect with fellow teen facilitators.

"This training gives you everything you need to bring Mussar to teens and to improve your own practice."

- Elizabeth Fagin, Educator, Seattle, WA

"The training program is wonderful and inspiring...and has truly prepared me to confidently guide my students on the path of Mussar. I am so excited to bring this course to my class so that the teens begin their own Mussar journey."

- Pauline Rosenberg, Educator, Rochester, NY



Leslie-Anne Copes-Finke is Director of Teen Program for The Mussar Institute (TMI), a member of the Board of Directors, and an active teen facilitator in Belmont, MA. Leslie has served as a consultant for Greater Boston's Jewish Federation, as Vice-Chair of the URJ Community Leadership Team, and has held leadership and fundraising positions at not-for-profit organizations in Boston and New York. Leslie is the proud mother of three young adults and a past president at her synagogue. With a deep love for Judaism, Leslie is passionate about bringing Mussar to life with teens, hoping to spark an inner light and open entrances to holiness in the next generation of Jews.



With humor and insight, **Rabbi Jen Gubitz**, Facilitator Training Consultant for The Mussar Institute, brings Jewish wisdom to contemporary Jewish communities. She is a graduate of Indiana University and was ordained in 2012 by Hebrew Union College-Jewish Institute of Religion (NY) where she was a Tisch Rabbinical Fellow. She lives in Boston with her husband and rescue dog, Joey.