

A Virtual Teen Mussar Va'ad: A New Teen Program from The Mussar Institute

- **Build** connections and friendships
- **Process** teen life in community
- **Learn** tools to manage stress and promote wellness
- **Discover** ways to navigate challenging situations

This Virtual Teen Mussar Va'ad (group) offers a unique spiritual community for teens to process their lives through the lens of the Jewish Mussar tradition, uncover their authentic self, and determine who they want to be in this complicated world!

For 11-12 graders

2 Online meetings
each month from
January - May 2023

Tuition: \$270

A brave space.
A safe space.
A spiritual space.

Apply
Here

By December 1
2022

Teens will build habits of wellness for a life with more balance, joy, and compassion, and, we hope, will develop some lifelong friends with whom to share their spiritual journey.