



PARENT RESOURCE GUIDE

In light of the current situation in Israel, we are presenting you with this invaluable resource packet, a collaborative endeavor by CAJE, JTEENMiami, and BeWell Miami. These resources take on a heightened significance during this pivotal moment in our Jewish experience.

JTEENMiami stands as a vital online hub, dedicated to serving the needs of teens, their families, and the committed Jewish professionals who tirelessly support Miami's youth. Explore the wealth of information at jteenmiami.org, and stay updated by following us on Instagram at [@JTEENMiami](https://www.instagram.com/JTEENMiami).

BeWell Miami steps in with resources and tools designed to address the escalating mental health concerns among young individuals aged 12 to 26. Dive deeper into this critical resource at jewishmiami.org/bewell and follow [@bewellmiami](https://www.instagram.com/bewellmiami) for updates and insights.

Together, our collective mission is to empower you with a comprehensive toolkit of knowledge and guidance, shining a spotlight on the abundant resources and opportunities available in our local and national Jewish community for parents navigating these challenging times.

Feel free to connect with us at jewishteenmiami@gmail.com for any questions or support you require. We want to emphasize that your well-being and that of your teenager are important to us during this momentous period.



PARENT RESOURCES

Adapting Podcast: Education and Parenting in a Time of War: A conversation that emphasizes prioritizing mental health by looking after one another in the field—from other teachers to kids—and ourselves by *The Jewish Education Project*

[LISTEN TO THE PODCAST HERE](#)

How To Cope: Navigating Feelings On Israel at Every Age: featuring Dr. Norman Blumenthal; Jerry Bublick, PhD; Shlomo Lieberman, LCSW-R; and Ayla Sitt, PsyD; Opening remarks by Simon Nissim, LCSW CASAC-T by *Ohel*

[RECORDING LINK HERE](#)

The Power of Positivity: Keeping Calm Amid Crisis: The war in Israel is impacting us all. Positivity is a powerful tool, in keeping calm amid crisis by *The Wellness Institute*

[RECORDING LINK HERE](#)

Wellness Resources for the Situation in Israel by *The Blue Dove Foundation*

[CLICK HERE TO ACCESS THE RESOURCES](#)



PARENT RESOURCES CONTINUED

Strategies for Talking With Our Kids About Israel: Learn with Leanne Matlow, a cognitive behavior therapy counselor whose expertise is working with children and teens with anxiety by *The iCenter for Israel Education*

[RECORDING LINK HERE](#)

How to Talk to Children About the Conflict in Israel by *ReformJudaism.org*

[CLICK HERE FOR THE ARTICLE](#)

Here's How to Talk to Your Kids About the Violence in Israel and Gaza by *Kveller* [CLICK HERE TO ACCESS THE ARTICLE](#)

Guidance for talking to our kids by *JewishInsider*

[CLICK HERE FOR THE ARTICLE](#)

Talking to Your Kids About What's Happening in Israel: A chat with Clinical Psychologist Esther Altmann to help parents who are unsure what to say—and what not to say by *Tablet Magazine*

[RECORDING LINK HERE](#)

Talking to Teens About Operation Iron Sword: A conversation on best practices for working with teens at this unprecedented time by *The Jewish Education Project*

[RECORDING LINK HERE](#)



PARENT RESOURCES CONTINUED

Helping Students Make Sense of News Stories about Bias and Injustice by ADL [CLICK HERE FOR THE ARTICLE](#)

How to Win the Israel-Hamas Social Media War (While Protecting Your Mental Health) by *Jewish Unpacked*
[RECORDING LINK HERE](#)

Israel At War and Other Resources by *JewishUnpacked*
[CLICK HERE FOR THE WEBSITE](#)

How to Talk Like a Zioness by *Zioness*
[CLICK HERE FOR THE WEBSITE](#)

Resources for Understanding the Current Israeli-Palestinian Crisis by *Union for Reform Judaism*
[CLICK HERE FOR THE ARTICLE](#)

Antisemitism, Teen Wellbeing & the Pedagogy of Difficult Conversations by *Moving Traditions*
[CLICK HERE FOR THE ARTICLE](#)

For Times of Distress: Prayers for Israel, Israeli Soldiers, and Those in Captivity by *Sefaria* [CLICK HERE FOR THE WEBSITE](#)

