



# THE MENTAL HEALTH MENORAH LIGHTING STARTER KIT

Make the most of your Hanukkah with our Mental Health & Menorah lighting resources to create an experience that is spiritually and mentally rejuvenating!

1

## MENTAL HEALTH HANUKKAH BLESSING CARD

RESOURCE



2

## MENTAL HEALTH CANDLE LIGHTING RITUALS

RESOURCE



3

## MEDITATION BY THE FLAMES: A HANUKKAH GUIDED MEDITATION

LISTEN NOW



4

## PIRSUMEI NISAH - ILLUMINATING YOUR INNER SELF (AN EIGHT DAY HANUKKAH JOURNAL)

RESOURCE



[See All Hanukkah and Mental Health Resources](#)

