



# FRAMING YOUR MENTAL HEALTH SHABBAT AWARENESS MONTH SHABBAT DINNER

## Things to Think About

- Use warm, welcoming and inclusive language
- Share how you will include Shabbat Ritual
- Acknowledge your dinner will include a conversation about mental health awareness
- Some of your guests may choose not to drink alcoholic beverages

## Example Dinner Description

Join us for a Friday night dinner gathering during Mental Health Awareness Month that is all about creating community and nourishing the body, mind and soul. Come to eat, come to meet new people, come be an ally.

This dinner will not be a training or a therapy session, but rather a place to engage in powerful conversation, connect with others and create a community of caring and inclusivity.

For those new to Shabbat, here are a few things to expect for this Friday:

- This is a very informal and inviting space. This may be your first "Shabbat" don't worry! There are folks around the table who are new and not even Jewish. Wear comfy clothes, kick off your shoes and be you.
- We will briefly say the three traditional Friday night blessings but the meat of Shabbat will come as we #QuietTheSilence and start a conversation about mental health awareness.
- Diverse people, good food, and time to be present and open. Feel free to drink or not. Turn your phone off or not. Share your thoughts or not. Basically be nice, be inclusive, and be yourself.

Stay as long as you like. Bring a friend. Bring your whole self and your open mind.