

8 NIGHTS OF HANUKKAH GRATITUDE



SHAMASH

I'm grateful for the people and organizations in my community bringing light to these topics and working to eradicate the shame and stigma around mental health in our community.

Hanukkah is the beloved festival of light. The Hanukkah story, and especially the menorah lights, can be a sign of hope, healing, and beauty. Hanukkah in essence, can be described as the triumph of spiritual light and building illumination out of darkness.

Adapted from Richard Zwolinski, LMHC, CASAC & C.R.

This Hanukkah, stop and think about 8 of your miracles. Write them down and reflect.

NIGHT # 1

NIGHT # 2

NIGHT # 3

NIGHT # 4

NIGHT # 5

NIGHT # 6

NIGHT # 7

NIGHT # 8

