



**TODAY AND MONDAY
APRIL 13, AND 20
4:00 PM EST:**

Join the Smile Club!

Kids united to spread joy & positivity!

45 minutes of exciting activities, music, games, & prizes

ZOOM ID: 516953529

Part of OHEL's Thera-Zoom initiative to support families during this critical time. The program will promote coping tools and resilience building messages in a fun and interactive way.

**RUN BY SARA YOUNGER
OF #SARASQUAD**

Sara Younger is a tutu wearing party motivator and the director of Camp Summer Playland. Her mission is to help the world "Choose Happy!"

**TONIGHT, MONDAY APRIL 6
AT 8:30 PM EST:**

Helping Our Little Ones Cope During COVID-19!

(and their parents!)

**BY ALIZA TROPPER, LMHC
AND RAIZEL KEILSON, LCSW**

Join us live on Instagram
[@ohelfamily](#) & [@aliza_tropper_lmhc](#)

Aliza Tropper, LMHC and Raizel Keilson, LCSW will be discussing parenting young children (preschool and younger) during the Covid19 crisis.

If you have any specific questions or concerns you want to be answered please email Raizel at Raizel_Keilson@ohelfamily.org before 2 PM on Monday

**TONIGHT, MONDAY APRIL 6
AT 9:00 PM EST:**

How to Run Your Seder when the World is Not B'Seder

Integrating current challenges into your Seder with inspirational messages and joy

**PRESENTED BY
DR. NORMAN BLUMENTHAL**



**DR. NORMAN BLOMENTHAL
AND SARA YOUNGER, DIRECTOR OF
PLAYLAND ENTERTAINMENT**

**ZOOM: [https://zoom.us/my/
oheltherazoomgroups](https://zoom.us/my/oheltherazoomgroups)**



For more information or to support OHEL please visit www.ohelfamily.org