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FOR IMMEDIATE RELEASE

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Navigating Parenthood, the World's Hardest Job

The Jewish Learning Institute (JLI) will present *The Art of Parenting*, the institute's new six-session spring 2015 course. Rabbi Shmuly Altein of Chabad-Lubavitch will conduct the six course sessions on Sundays and Tuesdays starting January 18th, at the Jewish Learning Centre.

“As parents we are constantly being bombarded with various educational approaches and methods,” explains Rabbi Zalman Abraham of JLI's New York headquarters. “How do you strike the correct balance between discipline and freedom? This course answers these great questions by looking to timeless Jewish wisdom.”

The course was designed by JLI in order to help parents navigate the stormy waters of child-rearing. From questions of how children and parents should relate to each other, to how to help a child cultivate a healthy self-esteem, *The Art of Parenting* provides a solid foundation anchored in the eternal wisdom of Jewish thought and practice for parents to explore and develop their own parenting philosophies and techniques.

“Empires and civilizations have come and gone, but the Jewish people have survived,” says Rabbi Shmuly Altein, the local JLI instructor in Winnipeg. “This course taps into the great Jewish parenting success story that is our people's survival, against all odds, over the course of thousands of years.”





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Like all previous JLI programs, *The Art of Parenting* is designed to appeal to people at all levels of Jewish knowledge, including those without any prior experience or background in Jewish learning. All JLI courses are open to the public, and attendees need not be affiliated with a particular synagogue, temple, or other house of worship.

Interested students may call 204-339-8737 or visit www.ChabadWinnipeg.org for registration and other course-related information.



Motivated by a profound love for every Jew and spurred by a boundless optimism, Chabad-Lubavitch touches and enriches the lives of young and old, professionals and laypeople, the affiliated and the non-affiliated, immigrants and long-time citizens, regardless of background, affiliation, or level of commitment.

The Jewish Learning Institute (JLI), the adult education arm of Chabad-Lubavitch and a partner agency of the Jewish Federation of Winnipeg, was created in 2008 to address the growing need for in-depth Jewish knowledge. JLI aims at changing the way people feel about being Jewish through learning and discovery.

As the pre-eminent provider of adult Jewish learning in Winnipeg, JLI's mission is to make the wisdom of Jewish learning accessible to everyone. "The Jewish Learning Institute allows you to explore basic Jewish ideas, to share critical analysis and interactive discussion with exciting instructors and classmates," said Mr. David Chochinov, chairman of the local JLI advisory board.

