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The topic for discussion will focus on "Navigating Family Relationships During COVID."  With the advent of the pandemic, men have had to simultaneously work from home, help their wives, participate in their children's daily care and education, and provide assistance for elder or disabled family members. For many men, this upheaval in their pre-COVID routines and responsibilities has often been overwhelming and frustrating, fueled by the anxiety over the virus itself. At this session, we'll discuss both the rewards and challenges that these new dynamics have created for each of us.  **To ensure we have enough facilitators to break into small groups, we are asking you to**[**register for the session by clicking here**](http://r20.rs6.net/tn.jsp?f=001g4eg9pjgAS22QRuIuTUr3pmnkZzsATCIW8pzjNRaI4_CJGlQJm_MzY9ApwyefE79XEQTG_GJsXgpHtXqJgzOuaesPNavMDCvVde4qFa4C9Lf_6MmSfYbJp-BSY8W6R9yUnS76FdFuJ5pBjfZZH04uxm812Y86pKjjCae6wnSUoU-DDYWBJFGUCVokVk9RXXYJM6wYeZfTSjnnc0AaoIAWoVo87Ryxo17&c=WgepAulMU4lKSUuPVxdFv3og5F2M4sgAkbhItHEhPYa-wHTXZQvnMQ==&ch=5YoxsPfkSrxlugrUU6lZ6ZTYvEhwPs0UNDi7uurl2zwV3hk51Gu8qQ==)**. You will receive a unique Zoom link that you can use to enter the session.**  We also ask that you familiarize yourself beforehand with the ground rules that govern all HMV sessions. [**A list of HMV ground rules can be found here**](http://r20.rs6.net/tn.jsp?f=001g4eg9pjgAS22QRuIuTUr3pmnkZzsATCIW8pzjNRaI4_CJGlQJm_MzY9ApwyefE79KpS3L886qOSPD_gDOnHgW_AEha0Fy07y1mHGZVD6nZKTHn0u_XXOeIwccf5RMLMPkcFd3kFRRhiLeict-Lf6qSBymKPX7be0T7G5EJJq3yO3M1nSFJ4GYOxoEAn4ETrs&c=WgepAulMU4lKSUuPVxdFv3og5F2M4sgAkbhItHEhPYa-wHTXZQvnMQ==&ch=5YoxsPfkSrxlugrUU6lZ6ZTYvEhwPs0UNDi7uurl2zwV3hk51Gu8qQ==).  Be prepared to share your thoughts and feelings, and remember, what is said in the room, stays in the room.  We look forward to hearing your voice. | |  |  |  | | --- | --- | | |  | | --- | | **Temple Beth El**  350 Roxbury Road | Stamford, CT 06902  203-322-6901 | [www.tbe.org](http://r20.rs6.net/tn.jsp?f=001g4eg9pjgAS22QRuIuTUr3pmnkZzsATCIW8pzjNRaI4_CJGlQJm_MzYvdA-U2LXAScceb8naxMXdsfcb0tr1jOHlFNJfnaOhQWWnoL1bMzz_Ib-Xyxe9LjtFqDicQd7keVGojU66Cj3g=&c=WgepAulMU4lKSUuPVxdFv3og5F2M4sgAkbhItHEhPYa-wHTXZQvnMQ==&ch=5YoxsPfkSrxlugrUU6lZ6ZTYvEhwPs0UNDi7uurl2zwV3hk51Gu8qQ==)  *An inclusive, spiritual community* | |  |  |  | | --- | --- | | |  | | --- | | [[Facebook](http://r20.rs6.net/tn.jsp?f=001g4eg9pjgAS22QRuIuTUr3pmnkZzsATCIW8pzjNRaI4_CJGlQJm_MzXcLPL1kcCEw5xtC6syFM75gKnLaieUX5bvkDbB0bJ96998uNttmvrybAh5iCLPRh2LllkvNlMin9x55aEuMtuekX3g8hx49Yrnf7Ao8S3Ly&c=WgepAulMU4lKSUuPVxdFv3og5F2M4sgAkbhItHEhPYa-wHTXZQvnMQ==&ch=5YoxsPfkSrxlugrUU6lZ6ZTYvEhwPs0UNDi7uurl2zwV3hk51Gu8qQ==) ‌](http://r20.rs6.net/tn.jsp?f=001g4eg9pjgAS22QRuIuTUr3pmnkZzsATCIW8pzjNRaI4_CJGlQJm_MzXcLPL1kcCEw5xtC6syFM75gKnLaieUX5bvkDbB0bJ96998uNttmvrybAh5iCLPRh2LllkvNlMin9x55aEuMtuekX3g8hx49Yrnf7Ao8S3Ly&c=WgepAulMU4lKSUuPVxdFv3og5F2M4sgAkbhItHEhPYa-wHTXZQvnMQ==&ch=5YoxsPfkSrxlugrUU6lZ6ZTYvEhwPs0UNDi7uurl2zwV3hk51Gu8qQ==)[[Twitter](http://r20.rs6.net/tn.jsp?f=001g4eg9pjgAS22QRuIuTUr3pmnkZzsATCIW8pzjNRaI4_CJGlQJm_MzXcLPL1kcCEwZcBRbPbcO_e3BVeKNSqsXsc4knZnTOLom70dHIUBM_-JmnOUvT52RAVkm1O7kctgWbyjETY_qhQDaTMJFQsIstyQtNWsOoie&c=WgepAulMU4lKSUuPVxdFv3og5F2M4sgAkbhItHEhPYa-wHTXZQvnMQ==&ch=5YoxsPfkSrxlugrUU6lZ6ZTYvEhwPs0UNDi7uurl2zwV3hk51Gu8qQ==) ‌](http://r20.rs6.net/tn.jsp?f=001g4eg9pjgAS22QRuIuTUr3pmnkZzsATCIW8pzjNRaI4_CJGlQJm_MzXcLPL1kcCEwZcBRbPbcO_e3BVeKNSqsXsc4knZnTOLom70dHIUBM_-JmnOUvT52RAVkm1O7kctgWbyjETY_qhQDaTMJFQsIstyQtNWsOoie&c=WgepAulMU4lKSUuPVxdFv3og5F2M4sgAkbhItHEhPYa-wHTXZQvnMQ==&ch=5YoxsPfkSrxlugrUU6lZ6ZTYvEhwPs0UNDi7uurl2zwV3hk51Gu8qQ==) | | | | | | |

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