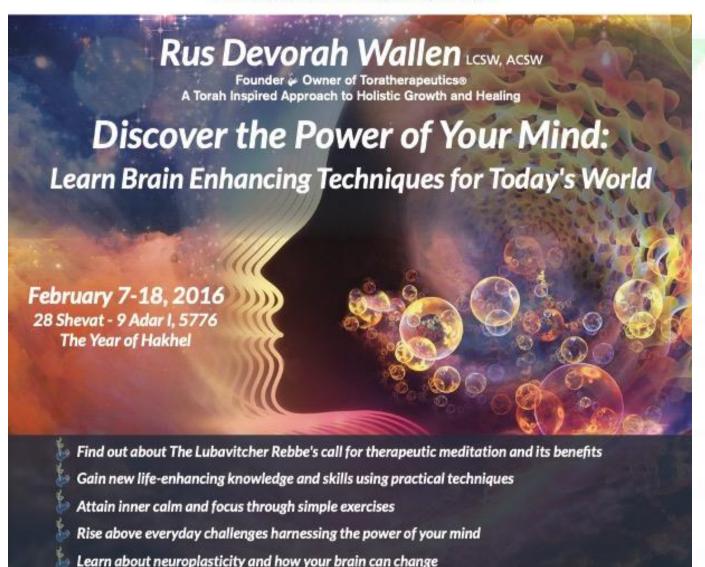


Sample Flyers

from
Rus Devorah's
Events



For a Limited Time Engagement in Southern California!





For Women Only: Join Rus Devorah at Bais Chana Retreats for Women

at Lake Arrowhead from

February 7-9 and February 12-15

featuring Rabbi Manis Friedman and others

For more information:

www.baischanawomen.org/lakearrowhead



Available for:

Schools, Shuls and Women's Groups Corporate & Community Events Individual, Couple & Family Consultations Call 917-584-0440 or email info@toratherapeutics.com for availability, pricing and to book your inspiring and transformational event.

www.toratherapeutics.com

Rus Devorah Wallen LCSW, ACSW

Founder → Owner of Toratherapeutics™
A Torah Inspired Approach to Holistic Growth and Healing

A Torah Approach to Therapeutic Meditation Holistic Techniques for Today's Jew

Wednesday, February 17, 2016 9 Adar 1, 5776

8:00 p.m.

Experience kosher meditation and how it can help us in our fast-paced world help us in our fast-paced world help with the series and focus through simple exercises Learn life-enhancing skills to help you rise above everyday challenges Learn about neuroplasticity and how your brain can change

Maayon Yisroel Chassidic Center 140 North La Brea Avenue Los Angeles

> Couvert: \$10.00 For Women Only

A Project of Maayon Yisroel Chassidic Center



Rus Devorah's CD of kosher meditation and relaxation techniques will be available for purchase after the talk for \$25.00.

This album is under the Rabbinic supervision of Rabbi Yehoram Ulman, Av Beis Din, Sydney Australia

For more information: 917-584-0440



Join us for an inspiring day for the Body, Mind, & Soul

Teaturing Our Special Guest Trom Buffalo, NV

Rus Devorah Wallen, LCSW, ACSW

Clinical Consultant Social Worker - Psychotherapist - Motivational Entertainer



This inspiring day will include:

Delicious, health-conscious, morning tea and lunch

Fascinating Workshops On:

- Brain Science and Toron Parallels
- Stressbusting, Meditation & Self Care
- Sound Healing
- Customized "Safeplace" Guided Imagery
- Mindful Relationships
- An Attitude of Gratitude, and more!

For more information please contact: Fruma 0433120981 or Kerry 0424676766

Sunday, July 29th, 2018

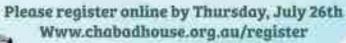
9:00am - 3:30pm

at Chahad North Shore 27 College Crescent, St. Ives

Cost: \$95

Early bird special ~: \$85

register by Sunday, 22nd July







Rus Devorah Wallen, LCSW, ACSW

Sunday, July 29th, 2018

9:00am - 3:30pm

at Chabad North Shore 37 College Crescent, St. Ives

9:00 - 9:30 - WELCOME

PART 1

9:30 - OPENING REMARKS - REBBETZIN FRUMA SCHAPIRO

9:45-10:00 - NEUROSCIENCE & TORAH

In this segment, you will be fascinated by the connections between age-old Torol concepts and "new-age," 21st-Century brain-science principles!

10:00-11:00 - STRESSBUSTING • KOSHER MEDITATION • GUIDED IMAGERY

Gain relaxation and meditative techniques to enhance your life in our digitally distracted world.

Learn how to develop your own personalized relaxation script with a simple worksheet to attain a peaceful "escape" in the midst of a hectic day.

11:00 - 11:30 - MORNING TEA

PART 2

11:30 - 12:15 - SOUND HEALING 101

Learn how to use simple sound elements to positively impact your health and wellbeing.

12:15 - 12:45 - POLISHING YOUR G.E.M.S.

Discover the most essential self-care concepts to make your days more buoyant and enjoyable and find out how you can diminish overwhelm, resentment and burnout.

12:45 – 1:45 - LUNCH PARTAKE IN A DELICIOUS AND HEALTH-CONSCIOUS LUNCH

PART 3

1:45 - 2:30 - CREATING MINDFUL RELATIONSHIPS

Gain practical tools to enhance your relationships with family, co-workers, friends and more.

2:30-2:45-TEA TIME

2:45 - 3:30 - AN ATTITUDE OF GRATITUDE

Integrate simple gratitude practices to improve your mood and attitude!

Evaluations . Thank You & Closing

Please register online by Thursday, July 26th - Www.chabadhouse.org.au/register



For more information please contact: Fruma 0433120981 or Kerry 0424676766



Join us for a weekend of Holistic Growth and Personal Empowerment

with Rus Devorah Wallen LCSW, ACSW

Founder Owner of Toratherapeutics

A Torah Inspired Approach to Holistic Growth and Healing

Shabbat FRIDAY | MARCH 18

Wellness Spa Day sunday | March 20



WOMEN'S EMPOWERMENT SHABBAT

At Chabad House HQ: 4710 Wallingford St. (Shadyside)

Join together with AEPHI AND SDT SORORITIES to celebrate this awesome experience!



GUYS' SHABBAT MEAL AT RABBI SHMULI'S

411 McKee Pl.

Don't be left out...all brothers welcomed!



WELLNESS SPA DAY

O'Hara Student Center 4024 O'Hara St. (PITT)

Enjoy a luscious bagel lunch and spreads, while you choose from a variety of wellness activities from meditation and massage, to manicure and makeovers.

(Guys and gals welcomed!)





Co-sponsored by Chabad at Pitt, Chabad House on Campus, SGB, SDT, and AEPhi.

For more info contact: shmuli@chabadpgh.org.

A WOMAN'S NIGHT OUT at CHATHAM

Heart & Soul

Open Mic & Jewish Music Jam

Facilitated by Musician/Performer/Composer, Rus Devorah Wallen LCSW.ACSW

Saturday night March 19th
The Carriage House
Chatham University
Doors Open at 9 PM

Discover your talent and enjoy a night of uplifting entertainment and womanhood.

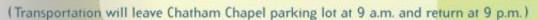
To join in the performance, contact Tanya Trestman: 412-596-7173.

Soup and Salads will be served Sponsored by Chabad on Chatham and UBC. For more info: sara@chabadpgh.org

Students FREE; Non-students \$5

Chabad on Chatham - Spring Retreat

Sunday, May 5th, 2013 Time: 10:00 a.m. – 8:00 p.m. Location: Eden Hall



ReFRESH • ReNEW • ReJEWvenate

Tikkun Olam:

Healing the World & Ourselves...One Deed at a Time

With

Rus Devorah (Darcy) Wallen, LCSW, ACSW* Educator • Psychotherapist • Motivational Entertainer

Please join us for three inspiring and interactive workshops to enhance your life and your surroundings!

"Torah — the Ultimate Manual for Healing"

"Meditation and Mindfulness for Personal Renewal and Health"

"Tikkun Therapy — 3 Practical Techniques for Self-Growth"

Kosher Light Breakfast, Buffet Lunch & BBQ Dinner will be provided.



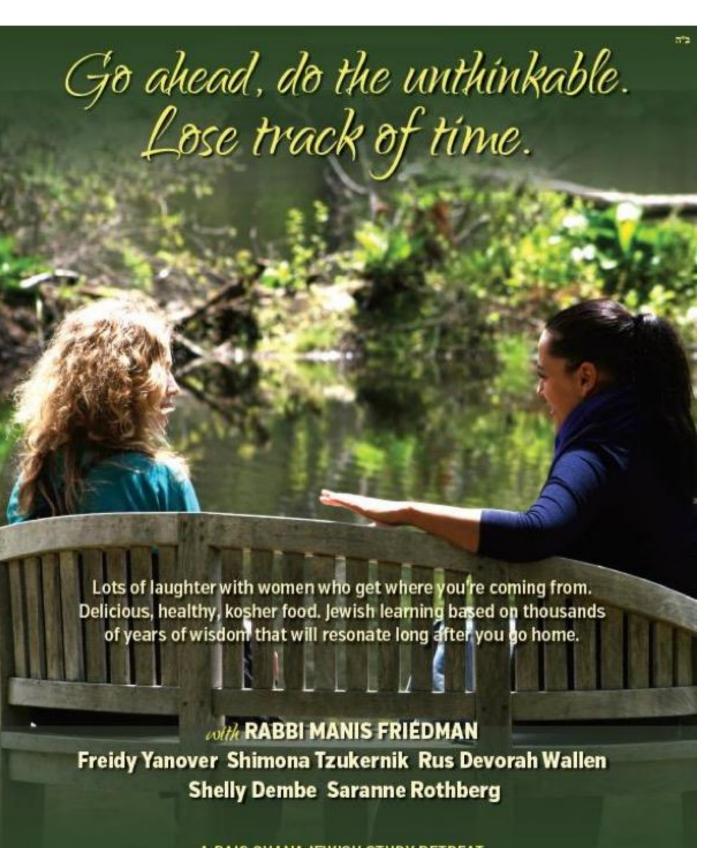
\$10 Suggested Donation for students \$18 for non-students.

Register online at MyChatham
For more information and to RSVP, please email Leiba Estrin at
Lestrin@chatham.edu



SPONSORED BY: Chabad on Chatham. Office of Student Affairs

*Mrs. Wallen, LCSW, ACSW is an accomplished musician, performer, social worker, psychotherapist, administrative consultant, lecturer and community leader. Displaying unusual versatility as an educator, she has conducts workshops and programs on various themes ranging from emotional well being and marriage enhancement to Kabbalah, Chassidic Philosophy, music, holistic healing, and religious practice.



A BAIS CHANA JEWISH STUDY RETREAT

MAY 25-28, 2014 | BERKSHIRE MTS, CT
INFO@BAISCHANA.ORG 800.473.4801 BAISCHANA.ORG



BE A PART OF THE SHABBOS PROJECT! CONNECT WITH THOUSANDS OF JEWS AROUND THE WORLD!

- Invite friends to your home
- Join in the festivities with your local synagogue or
- JOIN US! *

This coming

Friday, Oct. 23th - Saturday the 24th

* In the home of Chavi Rappaport 61 Bevshire Circle, Thornhill Please arrive 5:00-5:30 p.m.

featuring

RUS DEVORAH WALLEN, LCSW Motivational Speaker and Entertainer

- Experience the joy of Shabbos in song and "spirit"
- · Connect with Jewish women for warmth and inspiration
- Enjoy delicious, traditional Shabbos cuisine
- Participate in Shabbos services and open discussions

Event will begin sunset Friday until Saturday nightfall Home hospitality will be provided

Q

For information or to RSVP call: Chavi – 647-704-1223





Coming up for mothers of all ages

COMMUNICATING WITH YOUR CHILD EFFECTIVELY in Times of Stress

An educational, exciting and interactive teleconference hosted by SPARKS with Rus Devorah (Darcy) Wallen, LCSW, ACSW

Monday March 31th, 2014, 9pm to 10pm Dial in 718-873-0922 enter pin # 207551

SPARKS' new program for 2014 'Bonding and Connecting with Your Child' is sponsored by Shaindy and Moshe Lax.

VISIT US AT: **SPARKSCENTER.ORG**OR **(718) 2-SPARKS**

CHABAD CENTER OF DAYTON 2001 Far Hills Avenue Dayton, OH 45419

Non-Profit Org. U.S. Postage PAID Permit # 369 Dayton, OH

Visit www.chabaddayton.com to book your reservation or call Devorah @ 974-8648.

Come for part or come for all.

Day rates and one or two night options available.

Price includes a shared room. Space is limited and rooms will be on a first come first serve basis. Your payment is your confirmation.

THIS WEEKEND EVENT WAS MADE POSSIBLE THROUGH THE GENEROSITY OF THE KOLODESH FAMILY FOUNDATION.



FRIDAY, MARCH 6 - SUNDAY, MARCH 8, 2015 At the Glen House, Yellow Springs, Ohio



FRIDAY

REGISTRATION - 5:15 p.m.

Rus Devorah "My Journey" - Through Story and Song

CANDLELIGHTING - 6:15 p.m.

Followed by Kabbalat Shabbat and a festive Shabbat dinner Shmooze and Oneg

RUS DEVORAH WALLEN fits the description of a true Renaissance woman. Multifaceted, with a Bachelor's of Music Education from the College Conservatory of Music in Cincinnati, Ohio and a Masters of Social Work (M.S.W.) from the Wurzweiler School of Social Work in New York, she has lectured, performed and developed unique educational programs for Jewish women and couples, college youth and girls. She is an accomplished

musician and composer motivational entertainer, social worker, psychotherapist, consultant, lecturer and community leader. Displaying unusual versatility as an educator, she conducts workshops and programs on various themes ranging from emotional well-being and marriage enhancement to Chassidic philosophy, perinatal issues and music, as well as religious practice. She has recently embarked on developing Torah consonant holistic programs including producing relaxation and therapeutic music to calm today's restless minds. Rus Devorah Wallen and her husband Eliyohu reside in Amherst, New York.





LIGHT BREAKFAST AND OPTIONAL WALK

Shabbat prayers and weekly Torah portion with a discussion on the meaning of prayer

BUFFET LUNCH

Shabbat afternoon will include a host of interactive workshops and time to relax and enjoy Glen Helen.

- Relaxation and Mindfulness Techniques- Stress Busters
- The Power of Positive Thinking
- A Time to Share

SATURDAY EVENING

HAVDALA AND DINNER

Indulge in Spa treatments, creative art project, and an evening of entertainment and music.

Julie Bloom will give a special presentation and video of her recent mission to Israel with the FIDF - Friends of the IDF.

SUNDAY

BREAKFAST

Walk or stretching your body, NOGA™ style

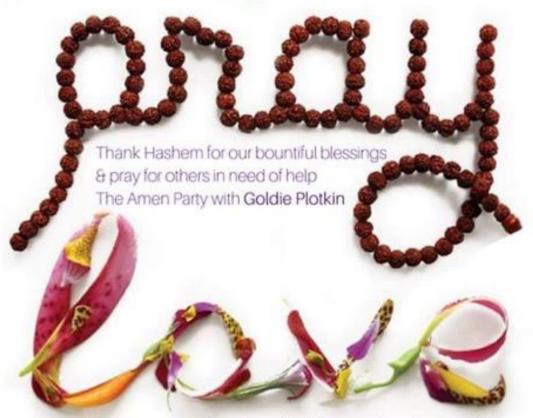
DISCUSSION ON MORNING PRAYER

Laugh your way to greater health with RUS DEVORAH - Infusing Your daily life with Joy and Confidence.

A Sisterhood Gala Event



Learn how to make food that looks delicious, tastes delicious & is healthy with Adina Conn, registered holistic nutritionist



Embrace your self worth and realize your inner beauty with Rus Devorah Wallen, psychotherapist & motivational entertainer

Sunday, April 26, 2015 at 4pm

Yogurt Bar, Smoothies, Mini Sandwiches

Kindly RSVP - \$45 before April 13th - \$55 after - \$36 for seniors chabadmarkham.org or 905-886-0420 ext 221

For a Limited Time Engagement in South Florida!

Rus Devorah Wallen LCSW, ACSW

Healing Through Sound, **Meditation & Celebration**

> December 10th-20th, 2015 28th of Kisley - 8th of Teves, 5776 The Year of Hakhel



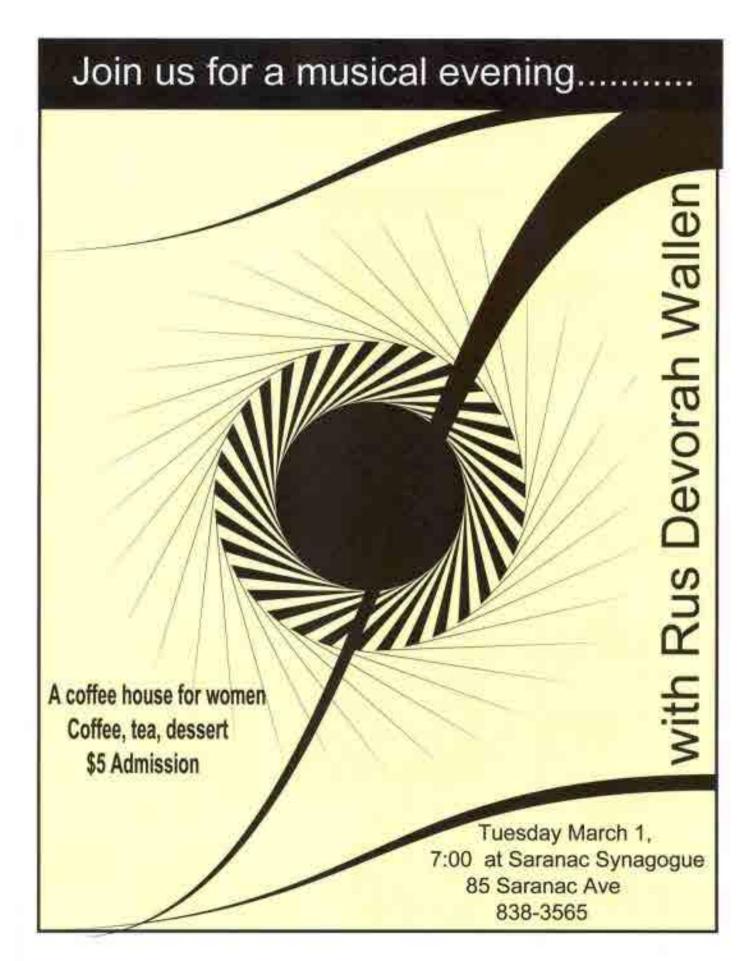
- Gain new life-enhancing skills using practical application of Torah and Chassidus
- Engage in workshops based on the directives of the Rebbe regarding Kosher meditation
- Experience an introduction to meditation and how it can help you in today's fast-paced world
- Rise above your everyday challenges through the joy of a farbrengen

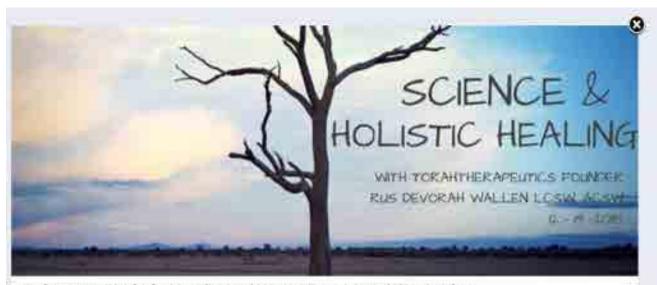
Available for: Schools, Seminaries, Shuls and Women's Groups
Simchas
Corporate Events
Individual, Couple & Family Consultations

Call 917-584-0440 or email info@toratherapeutics.com for pricing and Florida availability www.toratherapeutics.com

Also, be sure to join Rus Devorah at the prestigious Torah & Science Conference Topic: "The Holistic Approach of the Lubavitcher Rebbe and His Plea for Kosher Therapeutic Meditation" www.torahscienceconference.org The Shul of Bal Harbour - Bal Harbour, FL December 11th - 14th, 2015 | 29th of Kisley - 2nd Teves, 5776

"...And without a doubt, when a Kosher meditation method is properly publicized, it will immediately rescue those at the crossroads...." - The Lubavitcher Rebbe July 8, 1979 - 13 Tammuz, 5739





Science & Holistic Healing w/ World Renowned Therapist Rus Devorah Wallen © Sat Oec 19 2015 at 08:00 pps ♣ 200 to resemble ◆

CREATED BY & Challed of Latter + Follow

9 Chahad of Las Class, \$20 NE 8th Ave. Fort Laudendale Limited States



Rus Devorah Wallen

Jewish Meditation?

A Jewish approach to therapeutic meditation Holistic techniques for today's Jew

SUNDAY, DECEMBER 3RD 2017

lpm to 3pm at the Rohr Chabad Center, 443 E. Waring Ave.

> For more info and to RSVP, email Sarah at sarah@psujew.com

Vermont Jewish Women's Connection Positive Thinking!

Featuring:

Mrs. Rus Devorah Wallen

LCSW, ACSW, Clinical Consultant Social Worker & Psychotherapist



Often negative messages work their way into our unconscious and can cause harmful effects on our behaviors and health. The Chassidic philosophy, "Think optimistically and it will be good," is a way of life that, when embraced, can help you attain your wishes and goals. Mrs. Wallen will also present a one hour workshop after the brunch on the "sandwich generation" - Juggling Our Blessings & Responsibilities.

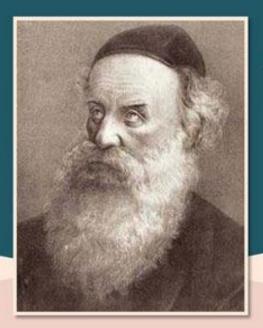
Sunday, October 17 • II:30 am

Chabad of Vermont • 57 S. Williams St. • Burlington, Vermont

\$18 per person / \$10 students **Delicious brunch included!**

You must reserve your space at this special program. Please RSVP by October 10 to Zeesy at 658-7612 or zeesy@chabadvt.org.

YUD TES Kislev



י"ט כסלו

N'SHEI CHABAD INVITES YOU TO A FARBRENGEN IN HONOUR OF

YUD TES KISLEV

CELEBRATING THE RELEASE OF THE ALTER REBBE FROM PRISON & THE ROSH HASHANA FOR CHASSIDUS

GUEST SPEAKER - RUS DEVORAH WALLEN

SPECIAL PRESENTATION BY ROCHEL CHANA RIVEN

MOTZEI SHABBOS – כ' כסלו, NOVEMBER 27

8:00 PM

770 CHABAD GATE

COUVERT \$10

THE JEWISH WOMEN'S CIRCLE INVITES YOU TO ITS

10TH ANNUAL GALA & SILENT AUCTION



Featuring Guest Presenter
Rus Devorah Wallen, LCSW, PC

Enjoy a gourmet buffet brunch!

Realize your inner beauty & love with Rus Devorah Wallen!

Join with local talent as they sing soulful, timeless tunes!

Bid on some amazing prizes at the annual silent auction!

SUNDAY, JUNE 3, 11 AM

AT THE HYATT PLACE, MALTA

For a Limited Time Engagement in Fort Lauderdale, Florida!

Rus Devorah Wallen LCSW, ACSW

Finally, the Science of Holistic Growth and Healing Is Catching up with Torah!

> Saturday Night December 19th, 2015







Learn how today's neuroscience mirrors our age-old Torah



Participate in experiential activities to attain inner calm and focus

Rise above everyday challenges using the power of the mind

Location: Chabad of Las Olas

520 NE 8th Avenue, Ft. Lauderdale, FL 33301

Time: 8:00 p.m.

Cost: \$18

RSVP: Rochel Holzkenner - 954-224-7162

rochelholzkenner@gmail.com

Also, be sure to join Rus Devorah at the prestigious Torah & Science Conference Topic: "The Holistic Approach of the Lubavitcher Rebbe and His Plea for Kosher Therapeutic Meditation"

www.torahscienceconference.org

The Shul of Bal Harbour - Bal Harbour, FL

December 11th - 14th, 2015 | 29th of Kislev - 2nd Teves, 5776

TEACH YOUR CHILDREN GRATITUDE & SELF CONFIDENCE

SPECIAL PARENTING CLASS WITH RUS DEVORA (DARCY) WALLEN, LCSW, PC

WEDNESDAY, NOVEMBER 23RD AT 8:30 PM AT CHABAD OF GOLDEN BEACH



Chabad of Golden Beach Invites You to an Inspirational and Mind Altering Talk

DISCOVER THE POWER OF YOUR MIND

Practical Techniques for Enhancing Your Brain

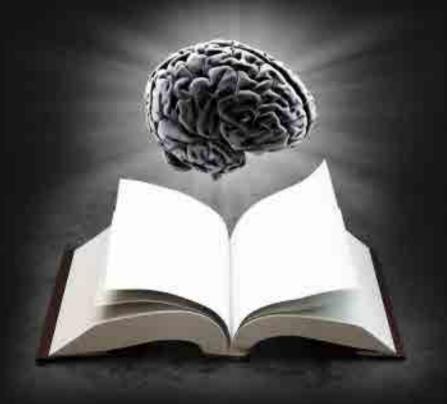
Wednesday, December 16th at 8:30 p.m.

Chabad of Golden Beach 19201 Collins Ave. North Miami Beach. FL 33160

Guest Speaker: Rus Devorah Wallen, LCSW, ACSW

Founder • Owner of Toratherapeutics™ A Torah Inspired Approach to Holistic Growth and Healing

- Learn about neuroplasticity and how your brain can change
- Gain new life-enhancing knowledge and skills using practical techniques
 - Attain inner calm and focus through simple exercises
 - Rise above everyday challenges using the power of the mind









Thanksgiving - A Jewish Perspective

"Get Your Gratitude Groove On"

Sunday, November 20th, 10 a.m. - 3 p.m.

For Women Only

Rus Devorah Wallen, LCSW, ACSW Holistic Psychotherapist, Coach & Motivational Entertainer

LOCATION - The Home of Moriah (Maria) Elias Quail West Residence 28870 Cavell Terrace, Naples, FL 34119 (This is a gated community, so your RSVP is required)

Program:

9:30a.m. Registration, Refreshments, and Introductions

10:00a.m. Workshop #1: Bitachon ~ Developing Confidence and Serenity

Part I--"Let Go, and Let G-d - Trusting It is All for the Best"

Part II-- Practical Tools for Strengthening our Bitachon and Diminishing Worry

10:45a.m. Aromatherapy Basics ~ Learn how aromas can enhance your overall wellbeing

11:15a.m. Holistic Brunch Buffet**

Healthy options including raw and vegan choices, and a few cooked goodies as well!

12:15p.m. Workshop #2: Thanksgiving - A Jewish Perspective

Part I - Get Your Gratitude Groove On

1:10p.m. "Seventh Inning Stretch" Gentle stretch and mindfulness meditation session

1:30p.m. Part II - Gratitude Journaling with Techniques,

Including worksheets, an "adult coloring page" with your Gratefulness Journal memento!

2:00p.m. NOGA™ Noshing

A healthy snack break with a mindful eating, schmoozing, and recipes.

2:30p.m. Sing Along - Kumzitz with Rus Devorah

Wrap up our program with some soulful song and inspiration!

*\$36 registration includes: workshops, brunch, entertainment, and handouts

** Brunch sponsored in part by kosherbonita.com, a division of Chabad of Bonita Springs

Malka Forshner or Moriah (Maria) Elias to RSVP -

Malka: Malkaaida@gmail.com | Moriah (Maria): Maria.elias@elias-brothers.com, 239-825-2590

Sponsorships are welcome and will be acknowledged.





MARINA SHUL BET MENACHEN

Jewish Women Empowered!

Join us for an Inspiring & Thought-Provoking Evening with



Rus Devorah Wallen, LCSW Psychotherapist & Motivational Entertainer

Learn Self- Empowerment Tools & Be Awed by Women who have Shaped Our Heritage!

Wednesday, Feb. 8th נב שבט

at 7pm

Marina Shul 2532 Lincoln Blvd. Marina Del Rey, CA 90292

The Consonance of Current Trends in Therapy with Torah

Presenter: Mrs. Rus Devorah Wallen, LCSW, ACSW

Clinical Consultant Social Worker • Psychotherapist • Motivational Entertainer

According to the **Zohar**, in these Pre-Moshiach times, the world will be filled with a burst of secular knowledge. This explosion parallels the emerging secrets of Kabbalah and Chassidus that have been submerged in the Torah for thousands of years. Contemporary science has recently proven this consonance with Torah.

"Torah & Science are on a wonderous collision course."

Due to the proliferation of Chassidus, these "secrets" are readily available for the lay person and can be utilized for self awareness and positive growth.

In this dynamic, interactive workshop, you will:

- Learn how current successful trends in secular therapies have their prior source in Torah and Chassidus.
- $\bullet \ Learn\ the\ keys\ to\ integrating\ these\ ideas\ into\ your\ daily\ philosophy\ and\ lifestyle.$
- Tap into Torah-based techniques to attain your personal and spiritual goals.

Wednesday, August 4th

24 Av, 5770

at the

Maayon Yisroel Chassidic Center

140 North La Brea Avenue

Los Angeles

8:00 p.m

Couvert: \$10.00.

A Project of Maayon Yisroel Chassidic Center



"TRACHT GUT VET ZEIN GUT" - POSITIVE THINKING

How You Can Use The Power of Positive Thinking To Improve Your Health, Wealth, and Happiness

Presenter: Mrs. Rus Devorah Wallen, LCSW, ACSW

Clinical Consultant Social Worker, Psychotherapist & Entertainer

Often negative messages work their way into our unconscious and can cause harmful effects on our behaviors and health. These messages may sabotage us from accomplishing our personal life goals. The Chassidic philosophy "Tracht gut vet zein gut" – "Think optimistically and it will be good" is a way of life that when embraced, can help you attain your wishes and goals.

In this dynamic, interactive workshop, you will learn how the Lubavitcher Rebbe's philosophy can help you:

- Attain your life's goals
- Become aware of self-imposed obstacles and remove them
- Feel "lighter" and happier, improve even physiological functioning
- Become more optimistic and happier and more satisfied with your life
- Have impact on creating positive changes in your surroundings
- Turn negative thinking patterns into positive ones

COME HEAR HOW THIS INSPIRING WORKSHOP CAN **CHANGE THE QUALITY OF YOUR LIFE!**

Monday, July 20th Chof Tes Tammuz

Maayon Yisroel Chassidic Center

140 North La Brea Avenue Los Angeles

8:00 p.m.

Couvert: \$10.00

A Project of Maayon Yisroel Chassidic Center



R"F

Nshei Chabad of Long Beach Invites You to an Evening of

Inspiration & Preparation

with

Rus Devorah Wallen, 2659V, A659V

Clinical Consultant Social Worker • Psychotherapist• Motivational Entertainer

Come join for and evening of song and words for the heart

8:00 p.m.

Wednesday, August 11th Rosh Chodesh Elul, 5770

In the home of

Devorah Dahan

4255 Gedar

Long Beach, 90807

Couvert: \$5.00

For more information, please contact Ronya Fajnland at 562-426-4894 or 562-756-0844

SECOND ANNUAL DINNER

RUS DEVORAH WALLEN, LCSW, ACSW

FOUNDER & OWNER OF TORATHERAPEUTICS™
A Torah Inspired Approach to Holistic Growth and Healing

A WOMAN'S GUIDE TO POSITIVE THINKING RISING ABOVE EVERYDAY CHALLENGES USING THE POWER OF YOUR MIND

TUESDAY, DECEMBER 15

THE CHABAD HOUSE
669 NORTH LINCOLN LANE
MIAMI BEACH 33139

7:30 PM

FOLLOWED BY LIVE ACOUSTIC MUSIC AND SINGING DINNER WILL BE SERVED

COST: \$25.00 • SPONSORSHIP: \$180
RSVP AND INFORMATION AT WWW.MBJEWISH.COM



THURSDAY

for Warmon Daly

7:30 pm

A WOMAN'S GUIDE TO POSITIVE THINKING I Iming Abbve Persyster Challenges Using the Power of the Mind

WHERE HE BOTTOM TONE THEY PARKET

STANADOLT

FRIDAY

For Minh & Women

630 0m

POSITIVE PARENTING WITH A TORRAN TWEST

Maria Maria de Citador

THE DAMES A LET CONSIDER TRANSPORTER

SATURDAY JULY 16

For Wemmin Critic

*0.00 am a supplied where many

Lat William Only

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AND DESCRIPTION OF THE PARTY.

Mr. 15 pm

ALL SHABBAT PROGRAMS DURIN THE DAY ARE COMPLIANCED AND

SUNDAY

For Man & Warren

10:00 am

ENHANCING OUR RELATIONSHIPS WITH MINDFUL COMMUNICATION ---HV-ra. Stroot, Humano with fillings

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14-17 2016

PRESH

NEW

JEW ---

THERAPEUTIC

EMSH YOUTH LIBOURT



Unity Hakhel Event

THURSDAY 7:30 PM JULY 14

For Women Only

AT THE HOME OF BONNIE BORETSKY FAINER 2285 VIRGINIA DRIVE

FOR MORE INFORMATION OR TO REGISTER please go to www.jewishyouthlibrary.com or call the JYL 613.729.7712

\$10/ADULT



a Jaman's Juide TO POSITIVE

Rising Above Everyday Challenges THIKING
Using the Power of the Mind

with

Rus Devorah Wallen, LCSW



Rus Devo'tah Wallen, LCSW, ACSW, fits the description of a true Renaissance woman. Multifaceted, with a Bachelor's of Music Education from the College Conservatory of Music in Cincinnati, Ohio and a Masters of Social Work (M.S.W.) from the Wurzweiler School of Social Work in New York, she has lectured, performed and developed unique educational programs for Jewish women and couples, college youth and girls. She is an accomplished musician and composer motivational entertainer, social worker, psychotherapist, consultant, lecturer and community leader. Displaying unusual versatility as an educator, she conducts workshops and programs on various themes ranging from emotional well-being and marriage enhancement to Chassidic philosophy, perinatal issues and music, as well as religious practice. She has recently embarked on developing Torah consonant holistic programs including producing relaxation and therapeutic recordings to calm today's restless minds. Mrs. Wallen and her husband Eliyohu reside in Amherst, New York.



Muty Hakkel Event



Sunday Morning Biunch

For Men & Women

ATTHE HOME OF THE WHILE AND EVEN A CAYTAN

COLUMN THE OPERATOR OF THE COLUMN THE COLUMN

\$10/ADULT \$5/CHILD (AGES 6-12) FREE (AGES 0-5)



Enhancing Our Relationships

Mainaging Bester at Work, School. WITH MINDFUL
COMMUNICATION

with Rus Deverah Wallen, ISW



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WOMEN'S SPA DAY

(Attendance is by RSVP ONLY)

Sunday, August 9th 10:00 a.m. – 4:00 p.m.

Drop in any time from 10:00-4:00. Stay as long as you'd like!

95 Foxcroft Lane • Williamsville

Suggested Donation: \$18.00*

(covers all amenities and activities except for massage appointments**)

Holistic Wellness Workshops Swimming & Heated Jacuzzi

Individual Massage Appointments** NOGAquatic

Stretch &

"Jacuzzi

Reflexology"

Healthy NOGA Nosh™ and Refreshing Drinks Will Be Served!

To RSVP or for more information: call: 917-584-0440 or email: NOGA@Toratherapeutics.com

** To schedule your private ½ hour massage, please call Michelle Maxwell directly at: 716-474-4118 and mention you will be joining the NOGA™ SPA DAY event on August 9th.



* Sponsored by The TELLL Fund - Shatkin and Toratherapeutics™ Proceeds will go to The TELLL Fund in memory of Dr. and Mrs. Samuel Shatkin, ob*m.





WOMEN'S SPA DAY

Sunday, August 9th - 10:00-4:00 SCHEDULE OF ACTIVITIES

SWIMMING, JACUZZI, REFRESHMENTS, WORKSHOPS MASSAGES...

10:00

Free Swim, Jacuzzi, Refreshments

10:30

Massage Appointments Begin with Michelle Maxwell, LMT (reservations are required – call: 716-474-4118)

11:00

Workshop with Rus Devorah (Darcy) Wallen, LCSW Stressbusting for Busy Women

12:00

NOGAquatic Stretch™

with Aquatics Instructor (TBA)

1:00

Workshop with Mashi Benzaquen, LCSW

Taking Your Emotional Temperature & Taming That Temper!

2:00

Workshop with Rus Devorah (Darcy) Wallen, LCSW Sound Healing for Fun & Health

Come anytime, and stay as long as you'd like!



Sponsored by The TELLL Fund & Toratherapeutics™



Join Us for the Launching of





SUNDAY, APRIL 14TH, 2013 • 2:00 PM

The JCC - Benderson Family Building

2640 North Forest Road, Getzville, NY 14068

Since food will be served, please R.S.V.P. TELLLFund@aol.com

Are you a Jewish woman who can answer YES to any of the following questions?

- Do you yearn for a way to bring more calm into your hectic day-to-day life?
- · Do you seek balance in your life and value nourishing your body, mind and spirit?
- Would you enjoy discovering new alternative ways to enhance your wellness?

If so...then you won't want to miss the launching of the new exciting NOGA™ program!

- Good Vibrations: Restore Your Inner Harmony with Sound Healing Bus Donnah (Duccy) Wallon 12:SW, ACSW
- Stretching the Body, NOGATM Style with Christipe Zehnowski, of Voga by Tiesign Studio
- Happy Juice Anyone?
 Laugh Your Way to Greater Health
 Either Richel Rissell, MA
- In the Ruse: A Frank Discussion on Holistic Nutrition
 with Robbie Bough, 10%
- Inspired Blessings of Wander and Praise liable Chain Miller
- + Cultivate an Attitude of Gratitude Through Journaling Makin Benzagum, 17500



This event is for women only. Please dress in comfortable clothes.

For more information, or for sponsorships, contact us at: 716-626-6703 or TELLLFund@aol.com

To contribute online, scan code to left or: https://telllfund.mycharitybox.com





These events appropried by
The TELL Fund and Torontheropeutics 181
and tree of charge.

Bloom R.S.V.B., TELL Fundation of con-

Please R.S.V.P.: TELL(Fund@aul.com Durances will be greatly appropriated.

Breaking news! Guess what's back?

THE SHABBOS PROJECT!!

Be a part of 1000's of women around the world, for an unforgettable Shabbos experience!

And guess who's joining us?

RUS DEVORAH WALLEN, LCSW

She'll inspire, entertain and make you laugh till your holding your sides!

You'll be WOWED! Promise!

Of course there will be tantalizing Shabbos food, singing and plain old great schmoozing.

SAVE THE DATE - NOVEMBER 11 - 12

Please RSVP to me ASAP, so I can reserve a spot (and a bed!) for you.

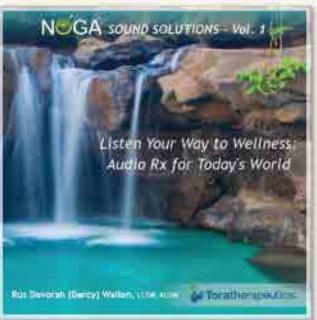
Looking forward, big time!





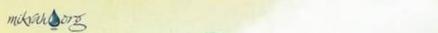
Would you like to achieve more focus and calm?

Do you had like you're being pulled in many directions at onter Would you like to file! room unergized and more "allies!" Do you file! your mind raining from thought to thought jurishle to concentrate?



NOGA" Sound Solutions - Vol. 1

is a collection of simple, audio excursions and relaxation techniques - sound healing for today's world.



It's Summer! PLAY IT COOL

How to Handle our Feelings Wisely A Workshop on Emotional Intelligence

RUS DEVORAN WALLEN LCSW, ACSW

Tuesday

22 Sivan, 5778 · June 5, 2018

Lubavitcher Yeshiva 570 Crown St.

8:00PM doors open 8:30PM program begins

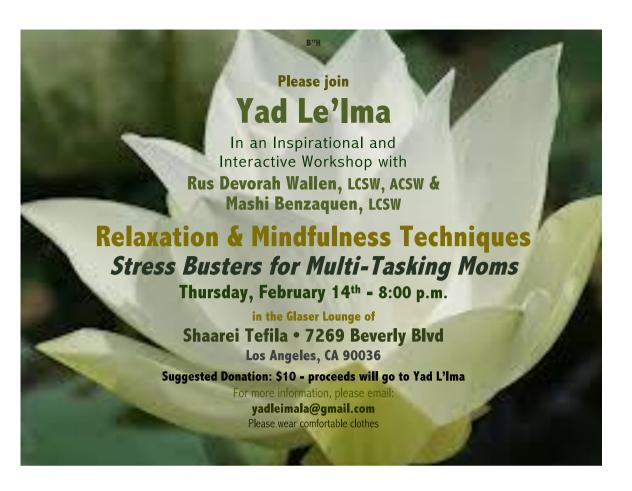
Everyone who comes before 8:30PM will receive a door prize.



Pareve Salad Bar & Summer Drinks will be Served



Suggested donation ⁵10 See Reverse fo≀ Prize Packages





Coin us for a community FRIDAY NIGHT DINNER

In honour of Gimel Tamuz, commemorating



the Ideas and Ideals of the Lubavitcher Rebbe

Friday, July 1

Services: 7:00 p.m. Followed by dinner at Chabad Romano Centre.

Guest speaker:

Mrs. Ruth Devorah Wallen

Counsellor, Social worker and Public Speaker
Topic: MY PERSONAL JOURNEY: FROM CHAZAN TO CHABAD!

RSVP necessary.

Fee: \$20 per adult, \$10 per child 3-12.

* Ruth Devorah will also lead the women in a Shalosh Seudos light dinner at the home of the Bernsteins (356 Floir Mills Rd.), on Shahhat afternoon, 5.00 n.m.

HOLISTIC LECTURE SERIES - 2017

Audubon Library • 50 John James Audubon Parkway • Amherst, NY 14228



SOUND HEALING 101 with Darcy F. Wallen TUESDAY, MARCH 14TH - 7 p.m.

From birth, all humans are wired for sound. Sound is defined as vibrational energy. Sounds have the ability to calm or stimulate the nervous system, relieve stress, and transform pain perception, plus so much else. Since sound is like food for the body, the brain, muscles, cells, emotions and heartbeat respond to sounds and music. "Healthy" or healing sound can help us relax, strengthen our immune system, improve focus and concentration, enhance creativity and learning, lower blood pressure, speed up recovery from surgery, etc! "Unhealthy" or toxic sound can have a deleterious effect on our system, raising cortisol (stress hormone) levels. People "resonate" at certain frequencies. We are composed of vibrating atoms, molecules and body parts. Each one has its own particular resonance. Our emotions are vibrations as well. People can literally give us "good vibes." In this workshop, we will explore the effects of sound on the body, mind, and soul. We will use sound wellness exercises that can enhance one's day-to-day life. Participants will have practical sound wellness techniques to use after the workshop.

Darcy F. Wallen, LCSW, ACSW is an accomplished musician, performer, motivational entertainer, social worker, psychotherapist, consultant, lecturer and community leader. She conducts workshops on everything from emotional wellbeing and holistic practice to Torah philosophy, and music. With her trademark humor, sensitivity and concern, Wallen exudes a special warmth towards everyone blessed to come her way. She's also the founder of Toratherapeutics* which you can read more about at: www.toratherapeutics.com.

Please register in advance by phone (716-689-4922) or in person at the librarian's desk



Dynamics of Family Life:

The Health of The Mother Before and After Birth

'SPARKS' would like you to join us in an enlightening afternoon cosponsored by 'SPARKS', JFS of BERGEN and NORTH HUDSON, and the JFS of NORTH JERSEY.

Sunday, October 28th Program From 3:00-6:00PM

At the ballroom of Temple Avodat Shalom 385 Howland Avenue River Edge, NJ



Keynote speaker:

Professor Susan Dowd Stone, MSW, LCSW

Topic: "Women's Reproductive Health in relation to Perinatal and Postpartum Disorders*

Followed By:

A Video Presentation

Many workshops to choose from:

Dr. James Forster, an outstanding and reputable practitioner

Elyse Goldstein an acclaimed educator

Rus Devorah (Darcy) Wallen, LCSW, ACSW

Sheila B. Steinbach, LPC, Director of Clinical & Adult Care Management Services, JFS of Bergen and North Hudon, and Lauryn Tuchman, LCSW, Coordinator of Clinical Services, JFS of North Jersey.

> Refreshments will be served: Dietary laws strictly observed Parking accommodations at site.













The Jewish Women's Circle of Palm Beach invites you to the opening event of its tenth season

TIKKUN THERAPY

November 21, 2016 | 6:00 p.m.

Practice techniques for changing bad habits and old messages at this extraordinary workshop with Rus Devorah Wallen, LCSW, ACSW. An accomplished musician, psychotherapist, lecturer and community leader, Rus Devorah brings it all to the table. Be captivated by her music and life-changing workshop. Try your hand at some unique "adult coloring pages," and receive a momento to make the evening last.

Enjoy various winter soups, homemade breads and tasty salads.

AT A PRIVATE HOME, address provided upon reservation

Reserve with Hindel Levitin at palmbeachjewish.com/jwc or call 561-659-3884



SAVE THE DATES OF THE
JEWISH WOMEN'S CIRCLE TENTH SEASON EVENTS

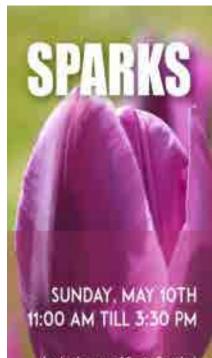
December 6- Silkscreen Canvas Art with Yizchok Moully

January 11- Enchanting Boat Ride with Amanda Dawn Spiro

February 13- Balabusta Cooking with Hindel Levitin

March 6- The Gilded Cage with author Sorele Brownstein





"A Celebration of Women"

Come rejuvenate yourself for a fun, relaxing day with experiential workshops, gourmet food, mini massages, exciting raffles and more...

PROGRAM INCLUDES:

At the home of Surie Frankel B2 PARKVILLE AVENUE BROOKLYN, NY, 11230 Rus Devorah Wallen LCSW, ACSW: "Stress Busting for Health and Happiness" and Aromatherapy Basics

Esther Rachel Russel: "Discover yow True Self through Joy and Laughter"

Surie Frankel: "The Art of Living a Wanderful Life, One Day at a Time"

SPARKS' Program Bonding and Connecting with your Child is sponsored by Shoindy & Mashe Lax

VALUE IN IES Parkscenter.mg OR 718-2-SPARKS

Contributions are Cotional.

SingleJewishMom

SLOWING DOWN TO THE

SPEED OF LIFE

experience it live with

Rus Devorah Wallen, LCSW, ACSW

Sun Feb 1 @10AM EST

Single.Jewish.Moms.

DISCONNECT

RE-CONNECT

Wednesday July 25 - 7:00 pm

Practical Techniques for Achieving True Hapiness and

STRESSBUST

LEARN HOW YOUR BRAIN CAN CHANGE PRACTICAL LIFE ENHANCING KNOWLEDGE, SKILLS & TECHNIQUES ATTAIN INNER CALM & FOCUS WITH SIMPLE EXERCISES RISE ABOVE CHALLENGES WITH YOUR MIND POWER

- BY DONATION -

PRIVATELY PAID SESSIONS AVAILABLE EARLIER THAT DAY, BY RESERVATION

Location: 2351 128 St Surrey, BC

RSVP c4j@c4j.ca or 604-729-4111

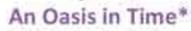
Rus Devorah Wallen LCSW. ACSW Founder/Owner: **Toratherapeutics** A Torah Inspired Approach to Holistic Growth and Healing

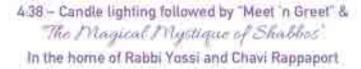
Guest Speaker



Directions from Vancouver: | Hwy 99 South | Exit 10, stay right, Becomes Crescent Rd, Stay for over 2 miles | Left at stop sign onto 128 St.

The Serenity of Shabbos





6.15 - Sendas Shabbos - Meal

8:00 - Oneg Shabbat

Oisconnect to Connect - A Fractical Guide to Shabbos
with Dr. Yaakov Kopel Goldberg

9:30 – Breakfast with Chassidus Insights
"In air air li, mi li – If I am not for myself, who will be for me"
with Rus Devorah Wallen

11:00 - Shut - Synagague Sentees at 770 Chabad Gate Led by Rabbi Yossi Gansburg

1:00 - Seudas Shabbos - Punch at the Rappaports

3:00 - "Discovering Uses Own Junes Peace And Calin-Moderators Rus Devorah Wallen, LCSW & Sara Tawil Kassin - presenter of "Heal Your Life" workshops In the home of Miriam Rosenzweig, 27 Michael Court

Shabbox Text.

6:30 - Harzattah

7:30 - Kumzitz with Ties Devorah

In the home of Sari Bachar, 11 Markwood Lane - Flamingo

For More Information or to RSVP contact:

Chast Rappapers, 647-704-1223 or mommyrapps@gmail.com











Torah & Science

Shabbat Chanukah Dinner

Please join the Rabbis and Scientists for an elegant Shabbat Dinner at The Shul's Social Hall.

December 11, 2015 . 7:00 PM

Professor Nathan Avrezen
Dr. Barry Baumel, M.D.
Professor Joseph Bodenheimer
Frafessor Daniel Drubech, MD.
Prof. Menadriam Fauer
Dr. Norman Soldwussie
Dy. Simoha Grattieli, DCM
Ratio Simon Jacobson
Professor Nathan Katt
Ratio Shoom Doviner Lastua
Resbeton Chara Lipsker
Dr. Alan Rozansa, MD.
Ratio Elerer Shemity
Professor Rabbi Awaham Steinberg, MD.

Or Michael Stzycher

Professor Rabbi Musher Teridier, MD Ms: Plus Devocati Waltern, LCSW

Dr. Artisur Agateson, MD

Advance reservation & payment for the Shabbaton is required before December 5, 2015 Shul Members \$40, Non-Members \$50 Children under 13 pay half the adult rate. RSVP: (305) 868-1411 ext. 0

With the Special Participation of Rabbi Simon Jacobson and Professor Nathan Avierer



An educational event for Women of all ages

"Dealing with Motherhood's unexpected surprises and embracing it with love."

Featuring Rus Devorah Wallen, LCSW

Clinical Consultant Social Worker • Psychotherapist Motivational Entertainer

Are You a Mother, Daughter, Sister, Grandmother, Aunt, Best Friend?

Then This Event is for You!

Date: January 18th at 8:00 PM Location: Shaarei Shomayim 470 Glencairn Ave, North York, ON M5N 1V8

Light refreshments will be served. Contributions are optional.

718-2SPARKS (718-277-2757) email: mail@sparkscenter.org www.sparkscenter.org

Committee:

Mrs. Chaya Leah Alon Mrs. Rochel Bergman Mrs. Chayala Bistricer Mrs. Hindy Bistricer Mrs. Aviva Eisenberger Mrs. Gitta Leibowitz Mrs. Miriam Leibowitz Mrs. Laura Leitman Rebbetzin Surie Lowy

Dr. Dahlia Nahon Mrs. Sara Nussbaum Mrs. Leah Stern Mrs. Chavie Woldiger Mrs. Henny Zolty THE POWER OF POSITIVE THINKING

with Bas Devorah Wallen

Grow Amherst, W.C. Clinical Consultant//Social Worker Professional Musician/Performer





Bring a friend

Light refreshments will be served

Couvert: \$7

Hachlatos will be collected to bring the Rebbe on v1717 'A

Rosh Chodesh Tammuz Gathering/Farbrengan/Kumzits - stories and songs to inspire

For questions, volunteers or to RSVP: Please call Estie @905-886-3790 or Aliza @ 905-731-5466

CHABAD JEWISH WOMEN OF RHODE ISLAND

present the 5th annual

Jewish Women's Inspirational Dinner

Infusing your Daily Life with Joy & Confidence with Guest Speaker & Performer

Rus Devorah Wallen

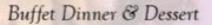
Wednesday, June 18th, 2014 6:30PM-9:00PM

> Chabad of West Bay 3871 Post Rd., Warwick, RI

RUS DEVORAH WALLEN, Lesw, Acsw is an accomplished musician, performer, social worker, psychotherapist, lecturer and community leader. She has traveled far and wide and lectured, performed and developed unique educational programs for Jewish women.

An alumna of Wurzweiler School of Social Work as well as College Conservatory of Music (University of Cincinnati) and Machon Alta Womens Institute (Safed, Israel), Rus Devorah utilizes her rich educational background to enhance her natural abilities as a communicator, entertainer, and counselor.

So join us for an inspiring musical evening with a full buffet of delicious food.



Suggested Donation – \$25 Sevent Sponsor – \$100 RSVP required: 401-884-7888 Sevent Sponsor – \$100



Mannen and Prevention

Tuesday, July 26th • 7:30 p.m.

Shaarei Tefillah Glaser Lounge (Upstairs) 7269 Beverly Boulevard • Los Angeles, CA 90036

Guest Speaker:

Rus Devorah (Darcy) Wallen, LCSW, ACSW

Clinical Supervisor – SPARKS and Motivational Entertainer Awareness and Prevention - "The Postpartum Pie"

Rachel Zaiden, Congressional Caseworker

Representative from the Office of Congressman Henry A. Waxman

Mrs. Mashi Benzaquen, MSW

Consultant Social Worker/SPARKS - LA



This event is made possible by

CSPARKS

SPARKS is devoted to providing perinatal awareness to women of all ages. If you have any questions or concerns about anyone you know, or if you would like to sponsor this or upcoming SPARKS – LA events, please contact SPARKS at: (718) 2-SPARKS • www.sparkscenter.org



Coming up for mothers of all ages

AM I BONDING WITH MY CHILD?

The gift you owe to yourself and your child.

An educational, exciting and interactive teleconference hosted by **SPARKS** with Rus Devorah (Darcy) Wallen, LCSW, ACSW

January 20th 2014 9pm to 10pm

Dial in 718-873-0922 enter pin #207551

SPARKS' new program for 2014
'Bonding and Connecting
with Your Child'

is sponsored by Shaindy & Moshe Lax

Visit us at: Sparkscenter.org or 718.2.SPARKS





Achieving Happiness

Techniques for Infusing Everyday Life with the Depth of Kabbalah

Presenter:

Rus Devorah (Darcy) Wallen, LCSW, ACSW

- Clinical Consultant Social Worker
 Psychotherapist
 - · Motivational Entertainer



AND THE DIFFERENCE BETWEEN BONDING & ENMESHMENT



HOST -

RUS DEVORAH (DARCY)
WALLEN LCSW, ACSW

DATE -

MONDAY, AUGUST 25TH, 2014

- TIME -

9:00-10:00PM

718.873.0922 AND ENTER PIN 207551

Tell Your Friends For Help. Referrals or a shoulder to lean on

CONFIDENTIAL CRISIS HELPLINE

SPARKS



RUS DEVORAH (DARCY) WALLEN. LCSW, ACSW



BIOGRAPHY

Rus Devorah Wallen fits the description of a true Renaissance woman, Multifaceted, with a Bachelor's of Music Education from the College Conservatory of Music in Cincinnati, Ohio and a Masters of Social Work (M.S.W.) from the Wurzweiler School of Social Work in New York, she has lectured, performed and developed unique educational programs for Jewish women and couples, college youth and girls. She is an accomplished musician and composer motivational entertainer, social worker, psychotherapist, consultant, lecturer and community leader. Displaying unusual versatility as an educator, she conducts workshops and programs on various themes ranging from emotional well-being and marriage enhancement to Chassidic philosophy, perinatal issues and music, as well as religious practice. She has recently embarked on developing Torah consonant holistic programs including producing relaxation and therapeutic recordings to calm today's restless minds. Mrs. Wallen and her husband Eliyohu reside in Amherst, New York.

EDUCATOR - MOTIVATIONAL ENTERTAINER

Chairlady • Master of Ceremonies • Auctioneer Group Facilitator • Webinar Presenter • Trainer Psychotherapist • Performer • Singer & Guitar Player

VENUE OR AUDIENCE

- Chassidus & Life Enhancement Series In six talks. (Outlines available upon request).
- Interactive Workshops Learning "Inside" Source Texts
- Toratherapeutics™ Self-Growth Workshops Infused with Torah Insights
- Chassidic Farbrengen Kumzitz Melave Malka
- Shabbatonim Retreats Conventions
- Rosh Chodesh Gatherings Holiday Themes & Explanations



Line of Torah Inspired Health and Holistic Educational Materials and Products.

SHLICHUS AND MOTIVATIONAL ENTERTAINMENT

"With more than 25 years of experience teaching and lecturing, Rus Devorah is so well versed in many areas of both secular knowledge as well as Torah and Chassidus, that anyone listening to her is bound to learn something new. The additional musical component she brings with her when she asked to sing and play guitar, enhances her ability to engage others, and infuse their experience with positivity and joy!"

Esty Grassbaum - Lubavitcher Shlucha, Toronto, ONT.

HOLISTIC HEALING & PSYCHOTHERAPY

"Rus Devorah has a particular niche and strength as being both a therapist and a healer. She approaches each person as a whole, connecting the mental, emotional, physical and spiritual needs of that individual through a positive perspective. Her powerful way of working has high impact on others and has brought much success for her clients."

Chaya Abelsky - Life Coach at Triumphant Journeys, NYC, NY

PROFESSIONAL CONSULTING * TORAH-BASED PSYCHOTHERAPY & MOTIVATIONAL ENTERTAINMENT

"When in need of professional fielp for one our students or alumnae, I feel confident in turning to Rus Devorah. She has also provided tremendous guidance for our staff members who interact with our students on a daily basis. Additionally, her musical talent coupled with her outgoing personality creates an atmosphere of enthusiasm*

Rabbi Stilama Majeski - Dean of Machon Chana Institute, Brooklyn, NY

For information, references, or to receive sample flyers or recordings from her speaking engagements, please contact Mrs. Wallen directly at: 917-584-0440

RD@toratherapeutics.com www.toratherapeutics.com



Names of Shluchos/im References for Rus Devorah Wallen, LCSW, ACSW (This is not a complete list; feel free to contact Rus Devorah for any other prior events. Rev. 2/21/19)

- Bassie Gourary Simi Valley, California
- Bassya Deitsch New Haven, Connecticut
- Chani Aisenbach Toronto, Ontario
- Chani Katz Miami Beach, Florida
- Chanie Krasnianski Upper East Side, New York
- Chani Marlow North Miami Beach, Florida
- Chani Rosenblum Pittsburgh, Pennsylvania
- Devorah Alevsky Cleveland Heights, Ohio
- ❖ Devorah Leah Alperowitz Cape Cod, Massachusetts
- ❖ Devorah Leah Andrusier Bal Harbor, Florida
- Devorah Leah Mangel Dayton, Ohio
- Esti Grossbaum Chabad Gate, Thornhill, Ontario
- Llkie Zarchi Harvard Chabad Cambridge, Massachusetts
- Fradel Bukiet Los Angeles, California
- Fruma Schapiro Sydney, Australia
- Goldie Plotkin Markham, Ontario
- Hinda Leah Sharfstein Bais Chana Women's International (CH)
- Hindel Levitin Palm Beach, Florida
- Leah Rubashkin Monsey, NY (Postville, Iowa)
- Rabbi Chay Amar Golden Beach, Florida
- ❖ Rabbi Falik and Simie Schtrocks Vancouver, British Columbia
- Rabbi Mendel and Faiygie Kaplan Flamingo, Ontario
- ❖ Rabbi Mendel and Nechoma Dina Feller St. Paul, Minnesota
- Rabbi Mendy and Luba Greenberg Bonita Springs, Florida
- Rabbi Mendy and Shternie Deitsch Chandler, Arizona
- * Rabbi Nechemia and D'vora Deitsch Midtown Toronto, Ontario
- Rabbi Pinny and Helena Herman Raleigh, North Carolina
- * Rabbi Reuven and Frumy Wolf Ma'ayon Yisroel Center, Los Angeles, California
- Rabbi Shaya and Devorah Leah Deitsch Montgomery County, Pennsylvania
- ❖ Rabbi Shmuel and Chana Posner Boston University, Massachusetts
- * Rabbi Shmuel and Sara Weinstein Pittsburgh, Pennsylvania
- * Rabbi Yisroel Bernath Montreal, Quebec
- * Rachel Holzkenner Las Olas, Florida
- Rachel Sugarman, Oryah Vogel Wilmington, Delaware
- Rochel Lea Pearlman Wilkes-Barre, Pennsylvania
- Sarah Ita Meretsky State College, Pennsylvania
- Sarah Shemtov Riverdale, New York
- Shoshana Laufer Warwick, Rhode Island
- Shternie Shanowitz Summerlin, Nevada
- ❖ Toby Bernstein Richmond Hill, Ontario
- Zeesy Raskin Burlington, Vermont



Rus Devorah Wallen, LCSW, ACSW

Motivational Entertainer • Educator • Psychotherapist

Venue or Audience:

- Interactive Workshops
- Learning "Inside" Source Texts (i.e. Chumash, Chassidus, Halacha)
- NEW Chassidus and Life Enhancement Series
- Facilitator for Group Discussions
- Interviews (for radio, video, podcasts, live audiences.)
- · Chairlady Master of Ceremonies Auctioneer
- · Motivational Entertainer Performer
- · College High School Audiences
- Shabbatonim Retreats Conventions
- Chassidic Farbrengen Kumzitz Melave Melka (Includes singing with or wo guitar)
- Chassidic Insights from the Torah Portion
- Rosh Chodesh Gatherings
- · Holiday Topics Themes and Overview
- · Psychological Insights from the Torah

Various Types of Musical Events:

- My Journey through Story and Song: AMusical Evening with Rus Devorah Wallen
- · Concert Performance
- Melody The Pen of the Soul
- Chassidic Nggunim (Melodies) and Their Deeper Meaning
- "From Aspiring Rabbi to Chassidic Entertainer"

NEW CHASSIDUS AND LIFE BNHANCEMENT WORKSHOP SERIES:

- The Consonance of Current Therapeutic Trends with Torah
- Positive Thinking and Its Effect On Our Body, Soul and Pocket!
- The Strangely Ironic Impact of the "Carments of the Soul" on our Subconscious
- Tikkun Therapy: Practical Techniques for Changing Bad Habits and Old Messages
- Bitachon "Let Go and Let G-d": Trusting
 It Will All Work Out for the Best
- VIsha Achas Ma'amar: "What To Do When We Feel Unmotivated or Numb Inside"

From a Psychological Perspective:

- "Think Good It Will Be Good"
- Fulfilling Your Inner Potential
- "The ld the Superego and the 'Yid" (A Voyage of Self-Discovery)
- · Living Fulfilled Through the Life-Cycle
- Teens "Riding the Rollercoaster with Them"
- Positive Parenting
- "Did You Hear What I Meant?" Improving Communication Skills

The Jewish Woman:

- The Power of the Jewish Woman
- The Modern Woman of Valor
- Career or Family Must I Choose?
- Jewish Heroines Past, Present & Future
- The Matriarchs as Role Model
- "What's a Noe Jewish Girl Like Me...?"
- Improving the Quality of Women's Lives
- Focusing Our Creative Energies
- The Ferrinine Mystique in Judaism
- Jewish Women: Living to Our Potential
- Discussing the Women's Commandments
- Chassidic Women in the 21st Century America?

Miscellaneous Themes:

- Healing and Torah and Kabbalah
- Bath Flower Remedies and Jewish Philosophy
- Jewish Professional: Professional Jew
- Keeping Kosher in a Treife Kitchen
- Travelling Kosher
- "The Grand Plan: Recognizing Godliness Every Step of the Way"
- · Perinatal Wellness for NewMothers
- · Other topics can be requested as well

Rus Devorah Wallen, LCSW, ACSW• Rusdcsw@aol.com • 917-584-0440 • 716-626-6703 • Toratherapeutics™ • http://www.reverbnation.com/rdwallen



Rus Devorah (Darcy) Wallen, LCSW, ACSW

Clinical Consultant Social Worker • Psychotherapist • Motivational Entertainer

Psychotherapy • Clinical Supervision • Hypnotherapy Workshop & Program Development • Public Speaking Custom Meditation, Relaxation & Music Recordings

Specializing in Women's Issues:

Marriage . Life Transitions . Perinatal Mood Disorders

email: Toratherapeutics@gmail.com landline: 716-626-6703 • cell: 917-584-0440