

FAQ

Who is this class for?

This class is for parents of children of all ages. No prior knowledge or experience is expected or required.

What age range of children is this class geared towards?

This class is geared towards parents of children of all ages, from toddler to young adults. We never stop parenting our children, no matter their age. When breaking into smaller groups for discussion, we do our best to group parents of similarly-aged children together.

Do I need to have a background in Jewish texts or Judaism?

No - the curriculum is designed to be accessible for those completely new to Jewish learning and those who are veterans. The texts are all in English, and the parent groups are created as safe and welcoming communities for all parents, regardless of background or level of literacy with Jewish texts or ideas.

What is the time commitment?

Typically Peaceful Parent cohorts run for 6 weeks with live sessions being 1 hour and 15 minutes. We will occasionally run shorter sessions focused on more specific content or at the request of a partner organization. We do send out optional teachings and meditations for you to try out in the weeks between classes, but those can be done on your own time.

Do I need to attend all 6 classes if I sign up?

It is preferred that you attend all 6 sessions as that will enable you to get the most out of this program and build a sacred community of parents. If there is an emergency and you need to miss a class, we can send a recording for classes that are online. In-person classes do not have the option of being recorded.

Can I take the class if I am a grandparent?

This class is designed specifically for parents, but be sure to check out our Peaceful Grandparent program! If you are a grandparent, consider giving this class to your child as a gift. They will definitely thank you for it!

Can I take the class alone? What if my partner does not take it with me?

There is value in taking the course with your parenting partner, but it is not necessary. We have found that when one parent enrolls in the program and experiences transformation, that internal change in one parent can have a very valuable ripple effect on the family unit. One parent's transformation can plant a seed for new conversation and can spark important discussion and shared commitment to trying new approaches with their children.



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