Program Advance Planning

1. Obtain consensus from MC leadership about offering mental health support to MC and the congregation (September 2020)
2. Obtain approval from temple leadership, as/if needed (September 2020)
3. Identify and invite a mental health professional to lead a session. It’s helpful if a MC member/leader happens to be a psychiatrist or psychologist (November 2020).
4. Schedule session in coordination with temple office (November 2020).
5. Create a flyer to be emailed which can be done by temple office or MC member(s). See Examples (November – December 2020).
6. Email the flyer to MC membership and the congregation to promote the session preferably beginning a month prior to the session (November – December 2020)
7. Host the session using zoom.