



# TICHON TEEN PROGRAM

Monthly Tuesdays  
6:30-8:15 pm  
& a hands-on project  
date each month

FOR 8TH-12TH GRADERS

Introducing

## MITZVAH MODULES

Tuesday learning  
& a related  
**Social Action  
Project** each  
month

October 5

Bal Tashchit/Do Not Destroy

Help CBI develop environmental sustainability

November 2

Ha'achalat Re'evim/Feeding the Hungry

Help with a Bridges Run on November 21

December 7

Pikuach Nefesh/Saving a Life

Certify in Adult/Child/Infant CPR on December 19

**PLUS MORE TO COME!**

All teens enrolled in Tichon are also invited to become Madrichim and help in BBRS classes. To register, contact [RabbiJulie@cbi-nj.org](mailto:RabbiJulie@cbi-nj.org).

