

## **Taharas Hamishpacha**

1. Background, hashkafa
  - A. Beauty of the mitzvah
  - B. Importance of the mitzva and the value of learning it
  - C. History of Taharas Hamishpacha
  - D. Appreciation of this mitzva
2. When a woman becomes niddah, halacha and hashkafa
  - A. Stains
  - B. Reiyahs
3. Transitioning to the Shiva Neki'im (the seven clean days), halacha and hashkafa
  - A. Hefsek
  - B. Moch
  - C. Harchakos
4. Vestos
5. Mikva
  - A. Hashkafa of Mikva – the beauty of mikva
  - B. Mikvah preparation
  - C. Tevila (immersion)
6. Kedushas Habayis, hashkafa
7. Women's health- hands-on medical/gynecological education
8. Privacy and personal matters
9. Giving over sensitive topics to children

## **Bayis Neeman, including Q&A sessions**

1. Relationships – what it's all about
  - A. Our purpose in this world
  - B. Marriage and ourselves
  - C. Getting to know ourselves as individuals and in the home
  - D. Husband's role
  - E. Wife's role
2. Psychology 101- what gets us going?
3. Ahava- what it's all about
4. Expectations, disappointments and acceptance
5. The secret language -communication
6. Achdus and teamwork
7. Adversity/challenges- Nisyonos- sink or swim
8. Appreciation and gratitude הכרת הטוב
9. Parents/in-laws