

South Bay Jewish Resource Guide for Families





Dear New Parents,

Mazal Tov and congratulations!

Welcome to your next life adventure and to the sacred task of parenting. This is beautiful and holy work, but it can also be draining, confusing, overwhelming, and isolating. Please know that your Jewish community is here to help and support you along the way. There is so much to learn – about your particular child, caring for your baby, yourself and your family. We hope this resource guide, which includes social networks, educational opportunities, spiritual connections and more, supports you in taking meaningful steps on this journey.

If you have questions about parenting, Jewish tradition, or the local Jewish community, please reach out to me or any of our community clergy or educators. Any of us and all of us would love a chance to spend some time with you and support your family. May you be blessed as you embark on this journey, and may the sweetness of the blessings give you strength for the challenges. You can access the online version of this resource guide at jvalley.org/family.

B'Shalom – In peace,

Laurie Matzkin

Rabbi Laurie Matzkin

rabbilaurie@jvalley.org

Family Educator and PJ Library Manager

On behalf of the Jewish Community of Silicon Valley

Local Jewish Community

Synagogues

Synagogues are a great place to gather and socialize, worship and reflect, study and celebrate. To join a synagogue means having access to rabbinic care and support, as well as enjoying a multi-generational community, helping your family feel part of the larger Jewish world. Our South Bay synagogues focus on meeting the spiritual, social, and educational needs of their congregants within a warm and friendly community.

Reform Synagogues

Congregation Shir Hadash
20 Cherry Blossom Ln
Los Gatos, CA 95032
408.358.1751
shirhadash.org

Temple Emanu-El
1010 University Ave
San Jose, CA 95126
408.292.0939
templesanjose.org

Temple Beth El
3055 Porter Gulch Rd
Aptos, CA 95003
831.479.3444
tbeaptos.org

Congregation Emeth
17835 Monterey St
Morgan Hill, CA 95037
408.778.8200
emeth.net

Conservative Synagogues

Congregation Beth David
19700 Prospect Road
Saratoga, CA 95070
408.257.3333
beth-david.org

Congregation Sinai
1532 Willowbrae Ave
San Jose, CA 95125
408.264.8542
sinai-sj.org



Orthodox Synagogues

Bar Yohai Sefardic Minyan
1030 Astoria Dr c/o SPHDS
Sunnyvale, CA 94087
408.746.0614
baryohai.com

Congregation Am Echad
1504 Meridian Ave
San Jose, CA 95125
408.267.2591
amechad.org

Chabad Houses

Chabad of San Jose
15405 Los Gatos Blvd, Ste 204
Los Gatos, CA 95032
408.358.5530
chabadsj.com

Chabad of Almaden
1088 Branham Ln
San Jose, CA 95136
408.910.2034
chabadalmaden.com

Chabad of Santa Clara
2043 Pruneridge Ave,
Santa Clara, CA, 95050
408.982.7419
jewishclara.com

Mikvah (Ritual Pool)

The Community Mikvah of Jewish Silicon Valley opened its doors in January 2008 and now welcomes visitors from around the Bay Area. Located at the Levy Family Campus in Los Gatos, its sparkling, kosher pool provides Jews with an experience of ritual immersion that can be a source of spiritual renewal, celebration and healing. We honor the full diversity of the Jewish community.

We welcome those visiting the Mikvah for traditional reasons like: married women immersing monthly (*niddah/ taharat ha-mishpacha*), getting married, making dishes kosher, conversion, and preparing spiritually for Shabbat and holidays. Equally welcome and encouraged are creative reasons to immerse, such as to celebrate a major life transition or change in status. Examples of this type of visit might include reaching a milestone birthday, acknowledging a diagnosis or recovery from illness, marking the end of a mourning period, becoming a bar/bat mitzvah, coming out, or celebrating an anniversary.

To schedule an immersion, please email mikvah@jvalley.org.

Jewish Schools

Preschools

Jewish preschools offer a values-based environment that appeals to families of all faith backgrounds. The rituals and routines of the Jewish year are special opportunities to create meaning and connect with tradition. Jewish preschools can be independent or hosted by a synagogue or other Jewish organization.

APJCC Preschool

14855 Oka Rd
Los Gatos, CA 95032
408.357.7417
apjcc.org/preschool

Congregation Sinai Nursery School

1532 Willowbrae Ave.
San Jose, CA 95125
408.264.8486
sinai-sj.org/sinai-nursery-school

Temple Emanu-El Preschool

1010 University Ave
San Jose, CA 95126
408.293.8660
templesanjose.org/preschool

Congregation Shir Hadash Early Childhood Center

20 Cherry Blossom Ln
Los Gatos, CA 95032
408.358.1751 x115
shecc.org

South Peninsula Hebrew Day School

1030 Astoria Dr
Sunnyvale, CA 94087
408.736.3060
sphds.org

Yeshiva Preschool of Silicon Valley

1504 Meridian Ave.
San Jose, CA 95125
yposv.org

K-8 Schools

South Peninsula Hebrew Day School

1030 Astoria Dr
Sunnyvale, CA 94087
408.736.3060
sphds.org

Yavneh Day School

14855 Oka Rd, Ste 100
Los Gatos, CA 95032
408.984.6700
yavnehdayschool.org

High Schools

Kehillah Jewish High School

3900 Fabian Way
Palo Alto, CA 94303
650.275.2396
kehillah.org



Bay Area Jewish Organizations

Addison-Penzak JCC, Los Gatos www.apjcc.org

The Addison-Penzak Jewish Community Center of Silicon Valley works to enhance Jewish life in Silicon Valley, and to provide social, cultural, educational and recreational services for the entire community. In February 2021, the APJCC merged with Jewish Federation of Silicon Valley to form a new entity, Jewish Silicon Valley, that combines the strengths of both organizations. The APJCC continues to exist as the programming arm of Jewish Silicon Valley, and supports Russian-speaking, Hebrew/Israeli, and American Jewish communities. Visit the JSV Family Center and PJ Library book center for family programs and drop-in hours.

Oshman Family JCC, Palo Alto paloaltojcc.org

The Taube Koret Campus for Jewish Life, home of the Oshman Family JCC, is a welcoming, innovative, multi-generational destination where individuals and families live, learn, play and connect. Since opening in September 2009, the campus has created an exciting hub for the region's growing Jewish community and contributed to the revitalization of the South Palo Alto area.

Be'chol Lashon globaljews.org

Be'chol Lashon (Hebrew for "in every language") strengthens Jewish identity by raising awareness about the ethnic, racial and cultural diversity of Jewish identity and experience. Be'chol Lashon brings the historic Jewish commitment to civil rights and racial justice forward into the 21st century. We cannot be truly effective in impacting social and racial justice until we address race inside the Jewish community. News, blogs, events, speakers and other media give voice to the diversity of Jewish identity and experience, providing resources for personal reflection, discussion, and debate.

Hasidah hasidah.org

Hasidah (Hebrew for "stork") provides assistance to Jews of all backgrounds who are experiencing infertility and other family-building challenges. Hasidah's mission is to build Jewish families by providing people emotional and spiritual support, offering financial assistance for IVF treatment, and building awareness and sensitivity about infertility and its effects.

Hebrew Free Loan hflasf.org

A nonprofit that provides interest-free loans to help Jewish individuals in Northern California overcome financial challenges and pursue life dreams. Loans are also available to those in Northern California who meet one of the following criteria, regardless of religious background: Immediate family member or business partner of a Jewish individual; Employee of a Jewish organization; Student from a lower income home who is referred by a partner agency. As loans are repaid, funds are recycled to make new loans. We've proven the success of this model with a repayment rate over 99%.

Jewish Family Services of Silicon Valley jfssv.org

JFS SV empowers individuals and families facing life's challenges by providing quality human services inspired by Jewish values. JFS SV provides a broad range of social services to help people thrive. The agency's programs are available without regard to race, religion, ethnicity, sexual orientation, or ability to pay.

Shalom Bayit shalom-bayit.org

The Bay Area's center for domestic violence prevention and response within the Jewish community. We promote peaceful homes and families, teach skills for healthy relationships, and work to build a safe, vibrant Jewish community that is free from violence and abuse. Our three main programs include: counseling for survivors of abuse, community education, and Love Shouldn't Hurt dating violence prevention for Jewish youth.

Sharsheret sharsheret.org

Sharsheret, a national non-profit organization, improves the lives of Jewish women and families living with or at increased genetic risk for breast or ovarian cancer through personalized support and saves lives through educational outreach. While our expertise is in young women and Jewish families as related to breast cancer and ovarian cancer, Sharsheret programs serve all women and men.



Local Parents and Babies Resources

PJ Library (Silicon Valley) pjlibrary.org

PJ Library in Silicon Valley helps families with children, from birth to 12 years old, create treasured Jewish moments from the simple act of reading stories together. PJ Library will send your family FREE Jewish children's books and CDs each month, celebrating the joy of Jewish culture, values, and tradition. PJ Library welcomes all Jewish families, whatever your background, knowledge, observance or family make-up. We welcome everyone, regardless of eligibility, to access the PJ Library website for our book lineups, craft ideas and reading tips. We are here to help you connect with other families through local events.

J-Fam (Silicon Valley) apjcc.org/family

Make connections with other families and strengthen your bond with your little one. Our weekly sessions include sharing, singing, learning and mutual support. J-Fam sessions last approximately 10 sessions and continuously renew. Designed for babies newborn to 1 year old, with their moms, dads, grandparents or other caregivers. Hosted by Jewish Silicon Valley Family Engagement Department.

Jewish Baby Network (Bay Area) jewishbabynetwork.org

Creating a pluralistic community in the SF Bay Area where families of all kinds learn, share, and celebrate together. We help you find local resources for birth and baby, Jewish blessings and rituals, and Jewish life. We offer events like Birth Prep Workshops, Newborn playgroups, Family Fun days, and holiday celebrations.

Blossom Birth (Palo Alto) blossombirthandfamily.org

Blossom empowers expectant families and nurtures the village to thrive within. Our mission is to connect new and expectant families with services, resources and support for a healthy, informed and confident pregnancy and parenting journey. Includes prenatal yoga and massage, childbirth education, and infant development workshops.

ESPA Early Support Program for Autism (Stanford) med.stanford.edu/espa.html

A joint program between Stanford Children's Health and Children's Health Council to provide supportive services at no cost to families of individuals with suspected or diagnosed autism. Our goal is to provide families information about the service systems and help them put together a plan for obtaining treatments as soon as possible after receiving an autism diagnosis for their child.

Family Tree Wellness (South Bay) familytreewellness.org

Focusing on Perinatal Mental Health, our vision includes creating a space where women and families feel welcome, inclusive of their most painful suffering and difficult emotions. Our shared wish is that the shame of suffering through depression, anxiety, loss, trauma, grief, disconnection and despair that so often accompanies the reproductive years can be lifted and held with tenderness and wisdom by a larger group. It is our aim to educate, honor and support all people as they traverse the rocky, expansive terrain of reproduction.

Happy Baby Signs (Bay Area) happybabysigns.com

Helps parents live with more joy by illuminating new ways to nurture, communicate, and connect with their children. We have been providing baby sign language classes since 2005 and have taught more than 20,000 parents how to sign with their babies. Our program is founded on more than four decades of evidence-based research and uses American Sign Language (ASL). We believe using ASL with the hearing population nourishes a more inclusive community. Our classes are a fun-filled way to teach parents how to introduce sign language into their baby's everyday routines through songs and interactive activities.

Jenny's Light (Santa Clara County) jennyslight.org

We are dedicated to connecting moms, partners and families in Santa Clara County with the resources and tools they need to recognize, treat, and overcome their struggle with maternal mental health complications. We aim to increase overall awareness of and reduce the stigma surrounding postpartum depression and other perinatal mood disorders so that parents will feel heard, acknowledged and supported, and will have informed resources to help lessen the burden, so they no longer feel alone or afraid.

Jumpstart (San Francisco) acnc.org/our-four-programs/jumpstart-learning-to-learn-jsltl

Intensive, private week-long therapy program where families and their young children are coached one-on-one, between autism diagnosis and the beginning of early intervention programs. Families are shown how to help their child overcome behaviors that stand in the way of learning, and how to promote development through improved communication, and improved social skills through expanding play interest. Our goal is that families leave with a plan for how to help their child, and how to advocate for their child in the home, school, and community. A program of the Autism Center of Northern California.

Nursing Mothers Counsel (Peninsula and South Bay Area) nursingmothers.org

A non-affiliated, non-profit organization founded in Palo Alto in 1955, with the goal of helping mothers enjoy a relaxed and happy feeding relationship with their babies by providing breastfeeding information and support, through free, one-on-one assistance and education. Support is offered through phone, email, and phone visits with volunteer educators who have breastfed for at least 6 months and received in-depth training in lactation and counseling.

Parents Helping Parents (Santa Clara County) php.com

Parents Helping Parents supports, educates, and inspires families and the community to build bright futures for youth and adults with special needs. With 40+ years of supporting families, our experienced staff members have a national reputation for being a trusted source of information for helping parents, caregivers, and children with special needs.

Northern California Jewish Summer Camps

One Happy Camper® grants provide up to \$1,000 for first-time campers attending Jewish overnight camps across the nation. This incentive grant enables thousands of families to try summer camp each year regardless of financial need. Additionally, our camps themselves as well as local Jewish Federations (Jewish Silicon Valley), Jewish Family Services, and Hebrew Free Loan offer scholarships to families with a wide range of financial needs. Even middle-income families can feel the pinch of the Bay Area's high cost of living and are often eligible for financial assistance.

Apply for camp scholarships at: jewishcamp.org/one-happy-camper and jvalley.org/get-connected/scholarship

Camp Be'chol Lashon - Marin globaljews.org/explore/camp-bechol-lashon

Camp Be'chol Lashon is a multicultural Jewish overnight camp that teaches about global Jewish diversity, builds community leaders, and inspires a love of Judaism. In addition to activities like kayaking and canoeing, the success of Camp Be'chol Lashon is due to its innovative curriculum, Passport to Peoplehood, that raises awareness of Jews as a global multicultural people. Fun, experiential activities and diverse staff establish diversity as an integral part of Jewish identity, in addition to providing a life-long support network for multicultural campers.

Eden Village West - Russian River edenvillagewest.org

Eden Village West is a farm-to-table residential Jewish summer camp in Northern California for ages 8-16, with a focus on culinary arts, organic farming, homestead crafts, wilderness skills, and more! Our campers have the time of their lives while becoming empowered to promote a more environmentally sustainable, socially just, and spiritually connected world for all.

JCC Maccabi Sports Camp - Peninsula maccabisportscamp.org

JCC Maccabi Sports Camp is a Jewish overnight sports camp offering programs in soccer, basketball, baseball, volleyball, flag football, dance, running & fitness, and tennis for campers entering grades 3-11. Community, culture and character are at the heart of this unique camp experience that combines specialized sports instruction with the fun, friendship, and community of a Jewish overnight camp. Camp staff of seasoned coaches, from the high school and collegiate level, provide individual instruction to young athletes seeking to advance their skills in a supportive Jewish community.

Camp Newman - Santa Rosa campnewman.org

For over 70 years, URJ Camp Newman has helped thousands of children form the foundation for a vibrant, joyful Jewish life. Guided by experienced staff and Jewish professionals, in a typical summer, we offer 25 traditional and specialty summer sessions from 10 days to 8 weeks at our newly rebuilt site. 3rd-12th graders choose from an abundant mix of activities, experience the magic of Judaism and Shabbat, explore their passions, build lifelong friendships — and have a TON of fun!

Camp Ramah Galim - Monterey Bay ramahnorcal.org

Ramah Galim (Camp Ramah in Northern California) is an innovative Jewish overnight specialty camp located on the beach. Our programming focuses on three core specialty areas: ocean exploration, performing arts, and outdoor adventure with integrated Jewish education and community building. Campers who attend Ramah Galim develop their skills as they follow their passions and build lifelong friendships. We can't wait to spend the summer with you!

Camp Tawonga - Yosemite tawonga.org

For over 90 years, Camp Tawonga has served as a leader in Jewish camping and youth programs, fostering in children and families a deep connection to nature, community, and Judaism within a warm, welcoming, and inclusive environment. At Tawonga, children and teens build self-esteem, make lifelong friends, and discover their truest selves, supported by a dedicated and loving staff.

Online Jewish Resources

These platforms will support your family's Jewish journey in ways that are helpful, meaningful, and even unexpected.

Bim Bam bimbam.com

BimBam uses digital storytelling to spark connections to Judaism for learners of all ages, with the goal of making Jewish literacy accessible to everyone interested in learning, and to create positive attitudes about Jewish values and behaviors. Animated series, parenting resources, and text-based creative explorations will bring you into a fun and exciting world of our tradition.

Hebcal hebcal.com

Increases awareness of Jewish holidays with a powerful custom Jewish calendar tool that lets you generate a list of Jewish holidays for any year (past, present or future). Also available are a Hebrew date converter, Shabbat candle lighting times and Torah readings, and a page to look up yahrzeits, birthdays and anniversaries. Developed right here in the Bay Area!

Kveller kveller.com

A website for those who want to add a Jewish twist to parenting - ideas for first-time parents, interfaith parents, queer parents, adoptive parents, and everything in between—with the hopes that you can find information and inspiration that is right for your family. Kveller features articles on everything from pre-conception through preschool –including information on Jewish baby showers, a Jewish name bank, Jewish kiddie music, and much more.

My Jewish Learning myjewishlearning.com

My Jewish Learning is all about empowering Jewish discovery for anyone interested in learning more. We offer thousands of articles, videos and other resources to help you navigate all aspects of Judaism and Jewish life — from food to history to beliefs and practices. Our site is geared toward all backgrounds and levels of knowledge.

Ritualwell ritualwell.org

Curates and publishes original rituals, ceremonies, prayers and poems to mark sacred moments in Jewish life. Ritualwell fosters a supportive environment for Jewish creativity, spiritual growth and discovery.

18 Doors (formerly Interfaith Family) 18doors.org

For interfaith couples and families in formation, we help you build confidence in your relationship with Jewish. We understand Jewish interfaith relationships – and deliver knowledge and connection to help you open the door to Jewish in a non-judgmental way.

Jewish Children's Books Publishers

Apples & Honey Press: Children's Books Warmed by Jewish Wisdom

store.behrmanhouse.com/index.php/apples-and-honey-press.html

Apples and Honey is the children's imprint of Behrman House, founded in 1921, who publishes distinguished Jewish educational materials used in schools throughout North America and in English-speaking countries around the world.

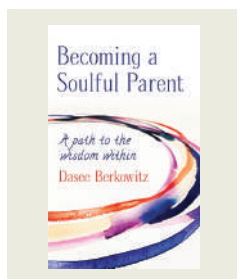
Kar-ben karben.com

With over 400 titles in print, Kar-Ben is the largest publisher of exclusively Jewish-themed children's books in the world, publishing 18-20 new, high quality children's titles each year. Subjects include fiction and nonfiction for preschool through middle school, including Jewish holiday books, life-cycle stories, Bible tales, folktales, stories about Israel, and Jewish history, reflecting the rich cultural diversity of today's Jewish family.

Pj Library pjlibrary.org/books

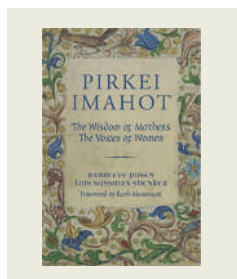
Books for PJ Library are chosen from among the very best of Jewish children's books. A committee of writers, early childhood professionals, and Jewish content specialists seek out compelling stories, captivating illustrations, and diverse perspectives on Jewish customs and practice. Through an extensive evaluation process, the committee selects books for every age group. Many of the books selected to be included in PJ Library have received awards including Caldecott Medals and the Sydney Taylor Book awards, given to the best of Jewish children's literature.

Jewish Parenting Bibliography



***Becoming a Soulful Parent: A Path to the Wisdom Within* (2021) - Dasee Berkowitz**

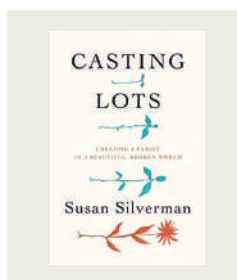
This book will help you ground your floating anxieties about the state of the world outside, while giving you the tools to reflect on the state of your world. It will help strengthen “muscles” that will be essential for you and your children throughout your lives—muscles like love, listening, empathy, and curiosity. Combining insights from thousands of years of traditional Jewish wisdom with the author’s relatable first-person storytelling, this book will help you lean into the challenges of parenting with renewed perspective and enthusiasm.



***Pirkei Imahot: The Wisdom of Mothers, The Voices of Women* (2017) -**

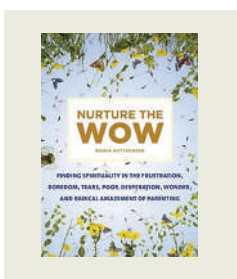
Lois Sussman Shenker and Rabbi Eve Posen

Through the authors’ and contributors’ experiences as women, mothers, leaders and teachers in their community, the reader will gain wisdom on how to live morally within her community, how to participate in tikkun olam, [the repair of the world] and how to strengthen her leadership roles to make a difference. Just as Pirkei Avot, the rabbinic commentary written by rabbis in the 2nd century, C.E., provided an ethical road map for the community of its day, Pirkei Imahot provides an ethical road map written by and for contemporary women today.



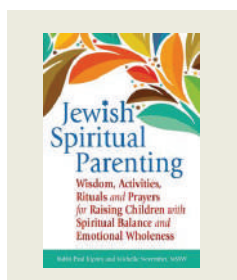
***Casting Lots: Creating a Family in a Beautiful, Broken World* (2016) - Rabbi Susan Silverman**

Susan Silverman grew up with parents who were, both before and after a devastating loss, atheists. Yet, as a young adult, she shocked everyone who knew her and became a rabbi. Silverman then built her own big, unwieldy family through both birth and adoption, something she had intended from childhood. This unique family becomes a metaphor for the world’s contradictions and complexities - a microcosm of the tragedy and joy, hope and despair, cruelty and compassion, predictability and absurdity of this world we all live in.



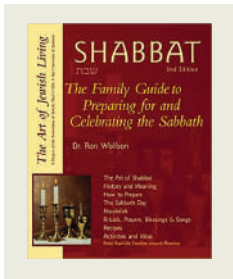
***Nurture the Wow: Finding Spirituality in the Frustration, Boredom, Tears, Poop, Desperation, Wonder, and Radical Amazement of Parenting* (2016) - Rabbi Danya Ruttenburg**

A deeply affecting, funny, insightful meditation that challenges readers to find the spiritual meaning of parenting.

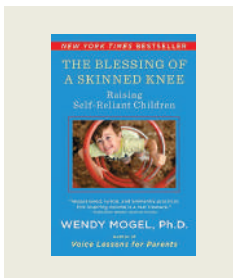


***Jewish Spiritual Parenting: Wisdom, Activities, Rituals and Prayers for Raising Children with Spiritual Balance and Emotional Wholeness* (2015) - Rabbi Paul Kipnes**

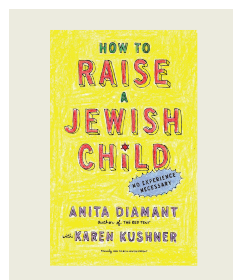
In this guidebook for building a strong framework for a Jewish life, the authors reveal the spiritual wisdom they have learned and the hard-won parenting techniques they developed that shaped their children as individuals and their family as a whole. Together, they explore spiritually nourishing approaches to help you foster essential Jewish values like gratitude, joy and honesty in your children. Filled with timeless teachings and spirit-filled activities, rituals and prayers that will help you cultivate strong Jewish values and cherished spiritual memories in your own family.



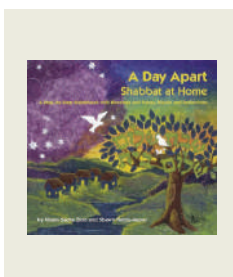
***Shabbat: The Family Guide to Preparing for and Celebrating the Sabbath* (2012) - Dr. Ron Wolfson**
An inspiring how-to guide to every aspect of Shabbat. Enriched by real-life voices sharing practical suggestions and advice, this creative resource helps us to reacquaint ourselves with time-tested traditions and discover old and new ways to celebrate Shabbat, including biblically-inspired songs and games, Shabbat-related crafts, and more family-tested ideas.



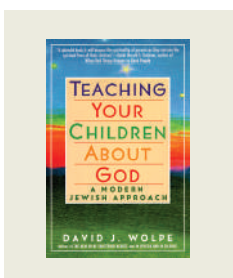
***Blessing of a Skinned Knee: Raising Self-Reliant Children* (2008) - Wendy Mogel, Ph.D.**
Shares stories of everyday parenting problems and examining them through the lens of the Torah, the Talmud, and important Jewish teachings. Parents will learn to accept that their children are both ordinary and unique, and treasure the power and holiness of the present.



***How To Raise A Jewish Child: A Practical Handbook for Family Life* (2008) - Anita Diamant and Karen Kushner**
Combines insights from Jewish tradition with contemporary thinking about how children learn and grow, and describes the practices, customs, and values that go into creating a Jewish home and raising joyful children within the rich traditions of Judaism.



***A Day Apart: Shabbat at Home* (2004) - Rabbi Shawn Fields Meyer and Noam Zion**
A step-by-step guidebook to the Jewish Sabbath, with blessings and songs, rituals and reflections, stories and lots of art. Full color; designed to work both for beginners and for already-knowledgeable Jews who want to deepen their understanding of Shabbat practices.



***Teaching Your Children About God: A Modern Jewish Approach* (1994) - Rabbi David J. Wolpe**
Through poignant anecdotes and practical exercises, Rabbi Wolpe teaches how parents can guide children in the practice of prayer and create an atmosphere in which children feel comfortable questioning and wondering about God, life, and death. Wolpe also offers invaluable insights into children's spiritual needs, reveals the powerful effect faith can have on a child's self-esteem, and enables parents to understand their children's fears, dreams, and hopes.



jvalley.org/family