



**Build the
Resilience
to Thrive**

BaMidbarTherapy.org



IN THE WILDERNESS

In Jewish tradition, the word *midbar* - מדבר - means wilderness. There is a second meaning that comes from the same Hebrew root - דבר - to speak. The Jewish people journeyed through the *midbar* to find their voice and write a new narrative as a free people.

At BaMidbar, the wilderness continues to hold opportunities for growth and self-discovery. We combine the guidance, support, and strength inherent in Jewish tradition, with a clinically sophisticated, evidence-based model. By doing so, BaMidbar encourages students to redefine how they view themselves, reevaluate their capabilities, and rediscover their vision for a brighter tomorrow. In short, BaMidbar provides the framework for Jewish youth and young adults to find their voice, and write their own narrative.

We invite you to join us on a transformational journey of self-discovery at BaMidbar, the only kosher, Shabbat-observant wilderness therapy program in the United States.

“The mechanism through which change occurs out in the wilderness is unlike anything I’ve ever seen. The wilderness has a way of slowing everything down around me, and showing me what matters most. It is where I am my best self, and where, I believe, others can find their best selves.”

— Danit, BaMidbar Field Guide



OUR MISSION

BaMidbar's mission is to ensure that Jewish youth and young adults have the confidence, skills, and community support to navigate life's challenges and thrive in the face of adversity.

We envision a Jewish community that actively supports its members in cultivating mental health and wellness.

OUR VALUES

כבוד

Kavod

Promoting honor, dignity, and respect for ourselves and others

שמחה

Simcha

Finding joyful Jewish meaning in every aspect of our lives

צמיחה אישית

Tzmicha Ishit

Accepting and pursuing the challenges of personal transformation

קהילה

Kehilla

Cultivating the power of an inclusive and supportive community





WILDERNESS THERAPY

A 40-DAY THERAPEUTIC PROGRAM
FOR YOUNG ADULTS (18-28)

**JUNE 30TH -
AUGUST 8TH
2022**

**\$12,600 /
Financial Aid Available**

BaMidbar uses wilderness and adventure-based therapy as a vehicle to promote self-reflection and communication connection, while helping participants build a toolkit to face life's challenges.

WHO DO WE SERVE?

BaMidbar helps young adults (18-28) overcome obstacles and build resilience. Life challenges may include:

- Depression
- Anxiety
- A "failure to launch"
- Mild substance use or abuse
- School and work challenges
- Negative life patterns



WILDERNESS EXPERIENCE

Adventure-based experiences are used as a vehicle for growth, and students apply learning in a safe, experiential environment.



CLINICAL FRAMEWORK

Licensed mental health professionals provide individual and group therapy, and trained guides facilitate experiences with an eye toward social and emotional growth.



JEWISH LENS

Jewish tradition, metaphor, and storytelling are used to support students in exploring meaning, values, purpose, and identity.



MENTAL HEALTH AWARENESS

Programs work to increase open dialogue and decrease stigma around mental health in the broader Jewish community.



OUR APPROACH



EMOTIONAL AWARENESS

Students engage in intentional conversation around complex emotion and develop the language to effectively communicate how they feel. By better understanding the connection between their emotional states and the functioning of their nervous system, students are empowered to recognize and articulate their emotional and behavioral patterns.



RELATIONSHIP

In a small group environment, cohorts build quick camaraderie around their shared experience. Living and working alongside students, staff foster authentic, trusting relationships that allow students to feel safe and supported, so that they can take appropriate risks and push themselves past their comfort zone.



ADVENTURE

The intentional use of adventure, play, and the outdoors keeps students present and minimizes outside distractions. Activities are designed to help students build relationships, create metaphors by mirroring real-life experiences, and hone transferable skills that they will carry back into their day to day lives.



MINDFULNESS

Students engage in intentional conversation around complex emotion and develop the language to effectively communicate how they feel. By better understanding the connection between their emotional states and the functioning of their nervous system, students are empowered to recognize and articulate their emotional and behavioral patterns.



COPING SKILLS

In a small group environment, cohorts build quick camaraderie around their shared experience. Living and working alongside students, staff foster authentic, trusting relationships that allow students to feel safe and supported, so that they can take appropriate risks and push themselves past their comfort zone.



BUILDING MOTIVATION

Students see tangible results of their increasing competence in technical skills. They build strong connections with their peers. They know that they have autonomy within the standard expectations of the group. Competence, relationship, and choice are three ingredients that drive the development of intrinsic motivation and self-efficacy.





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