



BUILD THE RESILIENCE TO THRIVE

Mental Health and Wellness Community Programs

BaMidbar Wilderness Therapy is working 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. In order to better support our youth and young adults, community members must likewise prioritize their personal wellness, model positive self care practices, and have the tools to help others cultivate social and emotional skills. BaMidbar offers a variety of programs for the community to make space for personal reflection and growth, while teaching topics around mental health, self-care, and whole-health wellness and the connections to Jewish practice and tradition.

Programs

Wellness Without Overwhelm: As we all juggle competing demands, our social, emotional, and spiritual health can take a toll. What is "whole-health wellness," and what helps you live well? How do we prioritize and practice self-care even during challenging times, and how might Jewish ritual and tradition help us do that? In this interactive Zoom session, we will explore a multidimensional approach to wellness and self-care that can be used as a framework to support self-reflection and a quest for balance. (60 minutes)

- Learning Objectives:
 - KNOW: Participants will be able to approach mental health through a multi-dimensional wellness lens and understand how this can help us understand a) why COVID continues to have an outsized impact on our mental health, and b) how prioritizing wellness in multiple areas of our lives (social, emotional, physical, spiritual etc.) can help our mental health.
 - DO: Participants will reflect on the state of their personal and communal wellness, and apply tactical tools learned during this session to nurture self-care.
 - FEEL: Participants will deepen their connection to others, feel gratitude for our current moment, and find hope in the future.

Fostering Resilience: The history of the Jewish people is a narrative of resilience, but what does that mean and where does resilience come from? Using the story of the Exodus and research from Harvard University, this program offers tangible definitions and frameworks to understand resilience. Together we will explore key factors whose presence have proven to increase our ability to persist in the face of adversity, and share tools that can help strengthen those factors. We will make space to reflect on our personal and professional resilience, considering ways to better support ourselves and the people around us to be more resilient. (90 minutes)

- Learning Objectives
 - KNOW: Participants will build a foundational understanding of resilience theory and discover four key factors that help develop resilience.
 - DO: Participants will reflect on our personal and professional resilience. Think about how we can help foster resilience in ourselves and others.

- FEEL: Participants will feel empowered to elevate, practice, and teach skills that can bolster resilience in the face of challenge and adversity.

Values, Burnout, and Boundaries: We are often drawn to the “work” that we do (whether that be personal or professional) because we are passionate about it and have a strong desire to serve and support. With this good intention at heart, we sometimes find ourselves in situations where it becomes difficult to say “no,” and hold boundaries. This can lead to burnout, dissatisfaction, and decreased motivation. This session will guide participants to explore how the values that drive us can contribute to our burnout and will help participants personally answer the question: How do we balance our passion for our work with our need to protect and sustain ourselves as individuals? Placing our values along a continuum, we will investigate how and where our values are serving us and/or hurting us. We will practice recognizing our burnout trends and explore how to effectively hold boundaries. (90 minutes)
**This program can also be led as an intergenerational conversation about burnout between parents and youth.*

- Learning Objectives:
 - KNOW: Participants will identify the values that drive us in our work, and explore how those values fuel or fight our tendency to feel burned out.
 - DO: Participants will build strategies to implement realistic and effective boundaries to help fight personal burnout.
 - FEEL: Participants will feel empowered in understanding their burnout trends and optimistic about their ability to use that understanding to better care for themselves.

Radical Self Acceptance: We are hard on ourselves! We are often our loudest critics and this session is designed to help us turn down the volume. Together we will learn about the concept of radical self-acceptance and explore a four-step mindfulness practice to help us nurture self-compassion during times of insecurity or self-doubt. We will also explore connections between Jewish tradition and the practice of self-acceptance. (60 minutes)

- Learning Objectives
 - KNOW: Participants will cultivate a greater awareness and compassionate recognition for their personal self-judgment trigger points, and learn how these reactions may have served us evolutionarily.
 - DO: Participants will build practical skills to interrupt the cycle of negative self-talk and nurture and practice self-compassion when we need it most
 - FEEL: Participants will walk away feeling self-compassion for their struggles with self-compassion and confident in being armed with a new tool to practice mindfulness around self doubt and self judgment.

Shabbat and Holiday-Specific Programming: BaMidbar runs a series of programs connecting Jewish holidays to different mental health and wellness topics. We also offer a Shabbat series, consisting of one-hour discussions connecting each parsha with a mental health and wellness related topic. Please

inquire for more information about holiday or parsha -specific programs.

Customized Programs

Interested in partnering with BaMidbar, but don't see what you're looking for? Email us to learn more, and work with us to create a program specific to your community's needs.

We also offer variations on the above workshops catered to a more professional audience, and have additional content available to support Jewish communal professionals in expanding their mental health literacy and exploring facilitation through the lens of social and emotional growth. Please visit <https://www.bamidbartherapy.org/our-programs/professional-development/> for more information.

Compensation*

Rate: Pricing ranges from \$525-\$975/hour and is dependent upon expected participant numbers and level of customization required for the program. Pricing assumes two BaMidbar facilitators and covers the cost of program development, preparation, coordination, delivery, and debrief.

Number of Participants	Up to 20	21-40	41+
Per Hour	\$525	\$750	\$975

**Does your organization have a budget under \$1,000,000? Let us know, and we're happy to discuss alternative pricing.*