



**OFFERINGS  
PROGRAMS  
WORKSHOPS**

# ABOUT THE BLUE DOVE FOUNDATION

The Blue Dove Foundation works to help address the issues of mental illness and addiction in the Jewish community and beyond. Based in Atlanta, we work with people and organizations across the United States and around the world.

Our Mission is to educate, equip and ignite our Jewish community with tools to work together to understand, support and overcome the challenges presented by mental health and substance abuse.

## Our Work

- 1 Educate the community about mental health through a Jewish lens.
- 2 Produce powerful and engaging educational resources about the connections between mental wellness and Judaism.
- 3 Spearhead and design programs that can be replicated easily in communities across the country: mental health Shabbat dinners, various training programs, interactive events with speakers, and more.



## Why the Dove

The dove represents peace of the deepest kind. It soothes and quiets our worried or troubled thoughts, enabling us to find renewal in the silence of the mind. Its role as a spiritual messenger imparts an inner peace that helps us go about our lives calmly and with purpose. Some believe the dove also represents hope, while others believe it denotes freedom.

Bringing peace, life, hope, and freedom to those facing addiction or other mental health challenges is the goal of the Blue Dove Foundation.

## Contact Information

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# JEWISH MENTAL HEALTH WORKSHOPS



## Jewish Mental Wellness Workshops

Hope is one of the greatest resources we have to change the culture of silence and stigma around mental health issues in the Jewish community. The Jewish Mental Wellness Workshop is a two part series that focuses on learning about mental health concepts, connecting Judaism to mental health, and creating a space for participants to think about how they can support individuals in their lives and their larger community.

Guiding Questions: [What can be done to create a welcoming and stigma-free culture to support mental wellness in the Jewish community?](#) During this workshop, participants will engage in a variety of activities that focus on bringing mental wellness front and center into their Jewish communities. They will gain a basic understanding of mental health and examine the challenges they see in their community. Participants will use middot (Jewish values) to connect Judaism and mental health in order to critically consider how to bring new-found skills and knowledge back to their communities to create more welcoming and inclusive spaces.

[How do I know when something is wrong, and what should I do?](#) During this workshop, participants will engage in a variety of activities that strengthen their mental health knowledge, which will help them understand their role in supporting others. They will build upon the mental health concepts learned in the first workshop, learn about the scope of those affected by mental illness, and red flags for spotting issues. They will develop four core skills needed to respond to mental health concerns in meaningful ways. Using all of the knowledge gained from both sessions, participants will examine how they can make tangible changes in their communities.

## Outcomes:

- A basic understanding of mental health concepts
- Insight into the connection between Judaism and mental health
- Tangible ways to apply Jewish values to make spaces more inclusive, holistic, and responsive
- Tools to notice when someone is struggling and to support those around you experiencing mental health challenges
- The framework and beginning steps of a community action plan

## Key Middah:

The key middah (Jewish value) of this workshop is Kol Yisrael Aravim Zeh La Zeh – All Jews are responsible for one another. It is our responsibility as a community to continue to learn and grow so that we can support those around us and make our community a welcoming and inclusive environment.

# JEWISH MENTAL HEALTH WORKSHOPS

## Jewish Approaches to Mental Wellness: An Exploration of Jewish Values and Prayer

Throughout our lives, we are all in need of refuah shleimah, whether it is physical, mental, emotional, social, or spiritual healing. Those struggling with mental health and addiction are in need of healing and wholeness. During the Jewish Approaches to Mental Wellness Workshop, participants will be guided through activities that explore the ways middot (Jewish values) and prayer connect to mental health. Participants will take a deeper look into the Mi Sheberach, a traditional prayer for healing, and write unique Mi Sheberach prayers for mental health.

### Outcomes:

- Insight into the connection between Judaism and mental health.
- An understanding of the Blue Dove Foundation's eight middot (Jewish values), the Mi Sheberach prayer and its relationship to mental health and addiction.
- Unique Mi Sheberach for mental health and addiction written by participants

### Key Middah:

The key middah (Jewish value) of this workshop is Refuah Shleimah – Healing and wholeness. Healing is more than physical, it is holistic. It has physical, mental, emotional, social, and spiritual components that are interconnected.



“ Having the Blue Dove Foundation host a mental health workshop for Emory JHealth was a powerful experience. The values they taught us resonated with our organization's mission and allowed students to really understand mental health in the context of Judaism. The workshop was interactive and engaging so it allowed participant's to have tangible takeaways that they could apply to their daily lives. It was an overall wonderful experience!  
- Workshop Organizer



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# JEWISH MENTAL HEALTH WORKSHOPS

## Hakarat Hatov: Judaism, Gratitude, and You

In Judaism, the middah (Jewish value) of hakarat hatov is used to emphasize the importance of recognizing the amazing things God has blessed us with in our lives. Not only is hakarat hatov about gratitude, it is also about our attitude toward the world around us. In this workshop, participants will explore gratitude and its connection to Judaism, and will get the opportunity to engage in gratitude practices that they can use at home after the workshop.

### Outcomes:

- A definition of gratitude that resonates with them
- An understanding of gratitude as a science
- An understanding of how gratitude is recognized in Judaism
- Tangible practices you can try at home

### Key Middah:

The key middah (Jewish value) of this workshop is Chesed u'Gevurah – Balancing Loving Kindness and Discernment. Too often we approach situations with the intention of needing to “fix” something. When it comes to mental wellness, it is important to come from a place of listening and openness. Practicing gratitude allows us to balance the ability to create boundaries while appreciating what is around us.



— “

**I really enjoyed our session on gratitude! It was a meaningful program that all of the participants were able to walk away with tangible skills to express more gratitude in their daily lives. The facilitator did a great job of acknowledging everything that the attendees contributed to the conversation. Although we discussed a deep topic, it was done so in a way that was accessible to everyone. – Sheri Rosenberg, Director of Membership and Inclusion at Congregation Ohabai Sholom**

” —



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# JEWISH MENTAL HEALTH WORKSHOPS

## Supporting Kids With Anxiety: A Jewish Approach

Anxiety and depression are prevalent right now for our kids. As adults, we can use and model language that helps reinforce healthier thinking patterns – language straight from our Jewish tradition. Drawing on the principles of Dialectical Behavior Therapy (DBT) and personal experience with children struggling with depression and anxiety, this workshop will focus on helpful – potentially life-saving – tools and language for our youth.

### Outcomes:

- Insight into how anxiety and other mental health challenges show up in various environments (educational settings, at home, etc.), and impacts both adults and children in those spaces.
- An understanding of hallmark unhealthy thinking patterns that show up frequently with depression and anxiety.
- Jewish texts and values that can be used as a lens for modeling and teaching healthier thinking habits.
- Creative applications of these texts for our individual teaching contexts and in our individual homes.

### Key Middah:

The key middah (Jewish value) of this workshop is B'tzelem Elohim – Created “in God’s Image.” All of humanity should be afforded proper dignity and respect, and living by these values can counter the shame and stigma surrounding mental illness and addiction.



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# JEWISH MENTAL HEALTH WORKSHOPS

## Community Action Planning

Jewish organizations and community members play a very important role in advocating for and supporting mental wellness in the Jewish community. During this hour workshop, participants will learn about the connection between mental health and Judaism through text study and Blue Dove's eight middot (Jewish values). Participants will engage in meaningful conversation around mental health challenges they see in their community and develop an action plan that focuses on supporting mental health in their community, organization, or congregation.

### Outcomes:

- Insight into the connection between Judaism and mental health
- An understanding of mental health challenges seen in their community
- A framework to assess how they can make meaningful change in their community
- The foundation for their community action plan and the next steps to continue the work after the workshop

### Key Middah:

The key middah (Jewish value) of this workshop is Lifnei Iver – Before the Blind (Inclusivity). It is our responsibility to do our best to create a community that meets the needs and celebrates the value of everyone, ensuring that individuals can participate fully in the community.



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# JEWISH MENTAL HEALTH WORKSHOPS

## Anchors: A Well-Being Workshop for Jewish Pre-Teens

ANCHORS provides a unique experience for pre-adolescent children and a key anchor adult in their lives. The workshop consists of hands-on personal and emotional experiential learning, understanding and de-stressing. The goal is to create a space where children can begin to understand the ideas of anxiety, stress and healthy relationships from a young age, and learn how to cope with it through open and productive communication with both friends and the main anchor adult in their lives.

Those who go through this program will have opportunities to engage in deep and challenging conversations with their peers, as well as their anchor adult. This will allow them to gain a better understanding of themselves, their peers, and their communities. The conversations will focus on the social and emotional well-being — both physical and spiritual — of the children and adults in attendance. We will touch on Judaism's connection to these topics but also break the ideas down in a way everyone can easily understand.

### Outcomes:

- Explain the difference between stress and anxiety, and talk about how they experience and cope with stress.
- Engage in open communication with friends and with their anchor partner.
- Identify a specific person they feel comfortable turning to when they need support in dealing with stress.
- Identify the kinds of friends they have and describe how types of friendships can change during our lifetimes.
- Name the qualities they need in a friend and the qualities they bring to a friendship.
- Describe the characteristics of what goes into being a “mensch” (Jewish term for an honorable, good person).
- List their character strengths as well as those of their partner, and explain how they each use these strengths.

### Key Middah:

The key middah (Jewish value) of this workshop is Nosei B'ol Im Chaveiro – Sharing a Burden with One's Friend. The Torah includes a story of a special friendship between a convert named Ruth and her mother-in-law, Naomi. Together, Ruth and Naomi face many difficulties but are able to overcome them, because they support each other.

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# JEWISH MENTAL HEALTH WORKSHOPS



## Jewish Women and Girls Summit



The Jewish Women & Girls Summit provides a unique experience for young girls and a key woman figure in their lives. The workshop consists of hands-on personal and emotional experiential learning, understanding and de-stressing. The goal is to create a space where girls can begin to understand the ideas of anxiety, stress and healthy relationships from a young age, and learn how to cope with it through open and productive communication with both friends and the main female adult in their lives.

Those who go through this program will have opportunities to engage in deep and challenging conversations with their peers, as well as their key adults. This will allow them to gain a better understanding of themselves, their peers, and their communities. The conversations will focus on the social and emotional well-being — both physical and spiritual — of the girls and women in attendance. We will touch on Judaism's connection to these topics but also break the ideas down in a way everyone can easily understand.

### Outcomes:

- An understanding of the difference between stress and anxiety, as well as coping skills for how to deal with stress.
- Communication skills to engage in healthy communication with their adult partner and an identified person they feel comfortable turning to when they need support in dealing with stress.
- A clear definition of what makes a healthy friendship and what they have to contribute to a healthy friendship.
- An understanding of the qualities of a “mensch” (Jewish term for an honorable, good person) and a list of their own character strengths.



### Key Middah:

The key middah (Jewish value) of this workshop is Nosei B'ol Im Chaveiro – Sharing a Burden with One's Friend. The Torah includes a story of a special friendship between a convert named Ruth and her mother-in-law, Naomi. Together, Ruth and Naomi face many difficulties but are able to overcome them, because they support each other.

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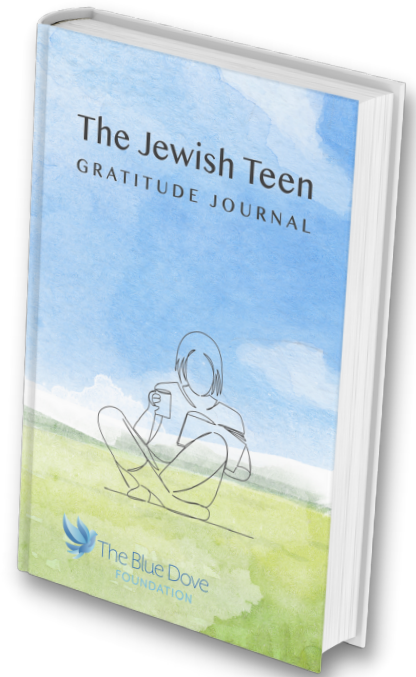


# THE JEWISH TEEN GRATITUDE JOURNAL

In Judaism, Shabbat is a weekly, structured opportunity to reflect on our weeks and our lives. This gratitude journal is modeled after that idea, with structured prompt for the beginning, middle, and end of the week to help you:

- Set goals for yourself for the upcoming week.
- Celebrates the small accomplishments you undertook thus far.
- And reflect on that which you are grateful for as you prepare for Shabbat.

The journal consists of fifty-two pages, one per week, and encourages you to practice gratitude for a few moments every week. Your mindset can change with the littlest habits, so let's give it a try!



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The essence of hakarat hatov isn't just to express thankfulness to those around you and the objects you possess in your life; it also is to truly feel the gratitude deep in your heart and soul. In order to do so, you must practice gratitude every day.

- Journal Author, Lili Stadler

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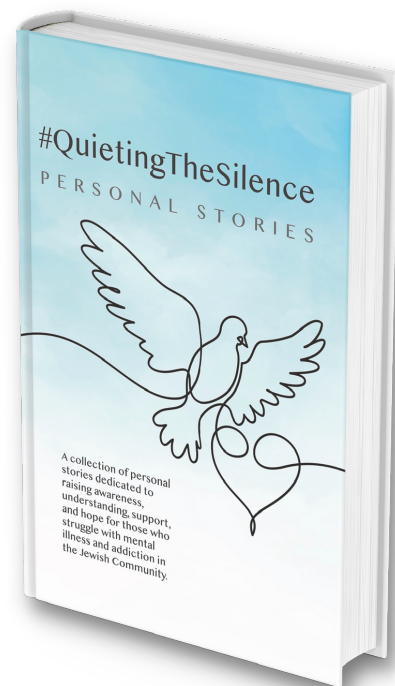


## How to Purchase

The book can be purchased on our website and on Amazon for \$10, and bulk orders of 100+ are available at the discounted price of \$9 + shipping.

# #QUIETING THE SILENCE: PERSONAL STORIES

For the longest time, the Jewish community wouldn't talk about anything related to mental health. The subject carried a stigma that in many places remains in place, preventing individuals from opening up and seeking help. [#QuietTheSilence: Personal Stories](#) offers a chance for people to share stories and perspectives related to their own life-changing experiences involving mental illness and addiction. Through these personal stories of struggles and loss, we hope to show individuals they are not alone, and to work toward eliminating the shame and stigma many feel around these topics. [This book has been a part of several different Jewish Book Festivals across the country.](#)



## How to Purchase

You can buy this book on our website, or on Amazon. It is available in paperback (\$20), eBook (\$1.99) and audiobook (\$14.95). Bulk orders of the paperback edition are also available at a discounted price of \$10 per book when purchased in orders of 20 books or more.

## #QuietTheSilence Programs

This book also serves as a companion to our popular [#QuietTheSilence](#) program, in which we work with our partners to create a safe and supportive environment for individuals to share their personal stories, how they received the help they needed, and why they continue to share their story and the impact they want to make. Each [#QuietTheSilence](#) event is created uniquely for your community/network/congregation.

Program costs are based on the type of program created and range anywhere from \$250 to \$500 depending on the final program created, and speakers and/or tools that may be needed.

**To learn more about the book and make a purchase, or to learn more about our programs, visit our website!**



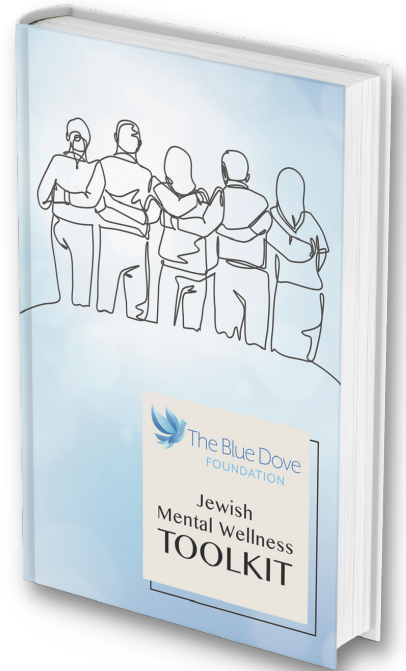


# JEWISH MENTAL WELLNESS TOOLKIT

The Blue Dove Foundation wants to inspire people to be educated, courageous, and confident in offering hope and support to those who struggle with their mental well-being and addiction. Hope is one of the greatest resources we have to change the culture of silence and stigma around mental health issues in the Jewish community.

## About the Toolkit

The Jewish Mental Wellness Toolkit is a response to continuous requests for help in the area of mental health for synagogues, schools, and community leaders. As a practical guide for everyday use, it offers guidance and support for transforming community culture along with practical and concrete information about mental health and wellness. Created through a Jewish lens, this Toolkit is full of resources, facts, and suggested readings. We hope it will empower all of us to turn hope into action.



## How to Purchase

Our Mental Health Toolkits can be purchased on our website for \$15 each, with an option to make a bulk order of 100+ for the discounted price of \$12 each plus shipping.

For an additional \$1,200, our Toolkits can be customized to include local city and community resources. This cost includes support with identifying local resources, customizing the Toolkit cover and local resources pages inside.

— “  
**Whoever Saves a Life,  
Saves the World  
– Jewish Teaching**  
” —

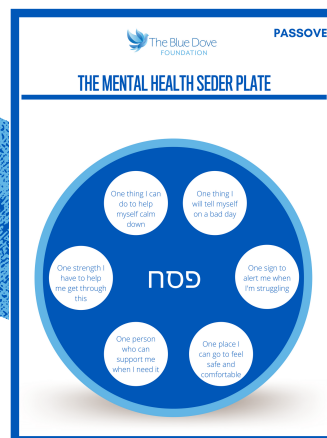
**To learn more about the book and make a purchase, or to learn more about our programs, visit our website!**





# JEWISH MENTAL HEALTH RESOURCES

Drawing on traditional Jewish sources and ideas to cultivate mental wellness and talk about mental health gives the subject a sense of practical significance and spiritual depth, and further helps to ingrain these concepts in Jewish communal life. Workshops are: Articles and activity resources are available for various Jewish holidays and age groups. These can be downloaded and shared by individuals or organizations with their communities.



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## Healers of Faith: Be a Mensch Film

Healers of Faith: Be a Mensch is a story about a woman struggling with the death by overdose of her younger sister, and seeks answers from Judaism and the Jewish faith leaders in the community - who also have their own stories to share. The video features Jewish clergy sharing their personal thoughts, stories and insights about Judaism's connection with mental health.

This film has been featured in Jewish Film Festivals across the country and premiered on Jewish Life Television.



Watch it  
Now



# ADDITIONAL RESOURCES

## Mental Health Shabbat

Create a Mental Health Awareness Shabbat Dinner, either at home or for your community/organization, with our Mental Health Shabbat Dinner Conversation Guide, create in collaboration with OneTable. This conversation guide includes, the traditional blessings that accompany the Friday night meal, mental wellness prompts and activities.



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## Connecting Judaism to Mental Health and Substance Use

Judaism helps us connect to the mind, body and soul. Everything on this page is a collection of resources created by members of the Jewish community around the country or created by The Blue Dove Foundation.

### Resource topics include:

- Jewish prayers for healing
- Suggested articles, readings, videos, and books on the subject
- Teens and adolescence intervention resources

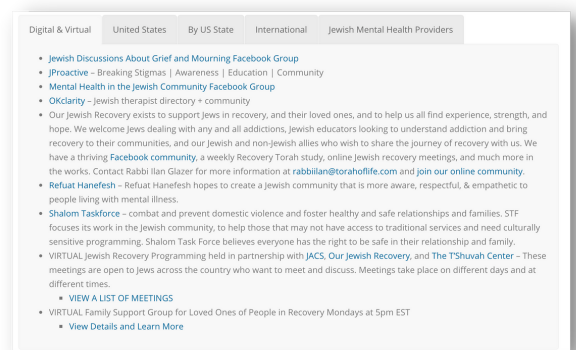
If you have anything you'd like to suggest is added to the collection, please email us at [info@thebluedovefoundation.org](mailto:info@thebluedovefoundation.org).

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## Jewish Mental Health Resources

The Jewish Community is extremely lucky to have a growing list of Jewish mental health and addiction resources across the globe. Resources include inpatient and outpatient treatment facilitators in addition to emotional and spiritual support for individuals and educational resources for individuals and organizations.



Use our local resource template to create a local resource to share with your community.

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