



**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 and raise awareness about mental health within the Jewish community.
- 2 Produce powerful and engaging educational resources about the connections between mental wellness and Judaism.
- 3 Spearhead and design programs that can be easily replicated in communities across the country, like mental health shabbat dinners, community training programs 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 roles as a spiritual messenger, maternal symbol, and liaison impart 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 for those facing addiction or other mental health challenges is the goal of the Blue Dove Foundation.

Contact Information

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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!

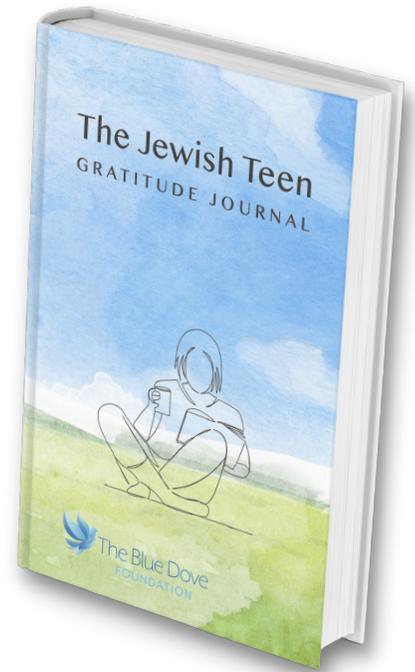


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The essence of hakarat hatov isn't just to express thankfulness to those around you and the objects you possess in your life; it also is to truly feel the gratitude deep in your heart and soul. In order to do so, you must practice gratitude every day.

- Journal Author, Lili Stadler



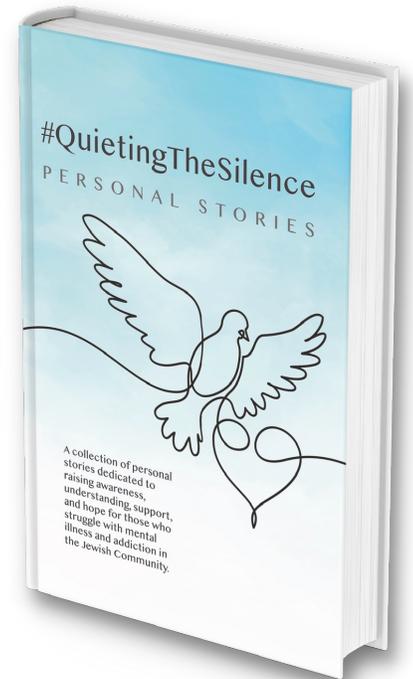
How to Purchase

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.

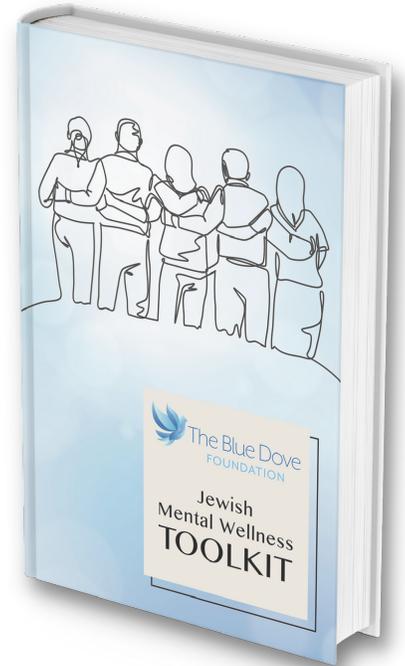
About the Toolkit

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**
— **- Mishnah Sanhedrin 4:5**



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



JEWISH MENTAL WELLNESS WORKSHOPS

The Blue Dove Foundation is thrilled to offer workshops to accompany the Jewish Mental Wellness Toolkit to help bring mental health and wellness to your community, utilizing both medically backed information and resources and relevant and impactful Jewish sources, giving the materials a sense of practical significance and spiritual depth. Workshops are:

- Up to 20 participants
- Virtual workshops will be 2 hours in length and include the same participants for both workshops.
- At completion, participants will receive a customized completion certificate with your organization's logo, and will be added to our Facebook alumni group to continue the conversation, get additional resources, and share thoughts and ideas with your peers.

Our Workshops

Making Mental Wellness a Part of Your Community's Culture

This workshop is based off of our Mental Wellness Toolkit. 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 use middot (Jewish values) and the mi sheberach prayer to connect Judaism to mental health as well as to critically consider how to bring new-found skills and knowledge back to their communities to begin creating welcoming and inclusive programs.

Guiding Question: What can be done to create a welcoming and stigma-free culture to support mental wellness in the Jewish community?



“

I definitely plan to be more attentive to everything people are saying and try to be more supportive to our community members in general.

- Workshop Participant

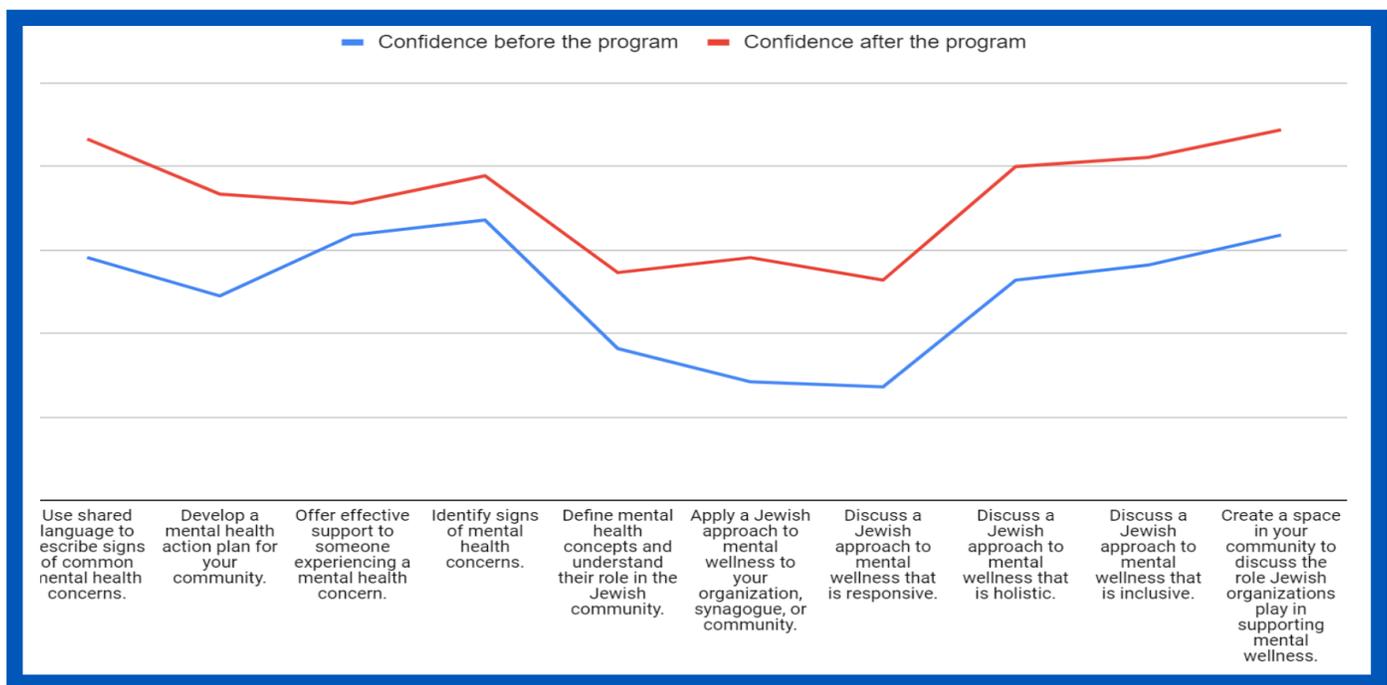
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JEWISH MENTAL WELLNESS WORKSHOPS

Recognizing When Someone Needs Help

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 learn about basic mental health concepts, 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 and be given the opportunity to practice and build those skills.

Guiding Question: How do I know when something is wrong, and what should I do?



Workshop Costs

Workshops based on our Jewish Mental Wellness Toolkit and facilitated by a Blue Dove Foundation mental wellness specialist are available for \$1,800, which includes both the workshop, as well as copies of the Toolkit for all participants.

To learn more about our mental health toolkit workshops, visit our website!



JEWISH MENTAL HEALTH WORKSHOPS

In addition to our flagship [Mental Wellness Toolkit workshops](#), we offer a variety of other workshops and programs at various price points, which also work towards our mission of making mental wellness a part of Jewish community culture.

These workshops are:

- Interactive
- Available for virtual presentation
- Recommended for groups where individuals know each other already
- Up to 30 individuals
- One Hour Long
- \$300

Hakkarot Hatov: Judaism, Gratitude, and You



In this workshop, we will meet at the intersection of gratitude and Jewish spirituality! With roots in Positive Psychology, gratitude practices can help us to open our minds to the wonders of life, even while navigating some of the harder twists and turns that we face. Join us for an interactive and introspective chance to build skills around practicing gratitude in an authentic and meaningful way!

Working With Kids With Anxiety: a Jewish Approach



Anxiety and depression are prevalent right now for our kids. As educators, 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 and personal experience with children struggling with depression and anxiety, we'll focus on helpful – potentially life-saving-- tools and language for our youth.

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JEWISH MENTAL HEALTH WORKSHOPS

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

Participants will be guided through different activities that explore Jewish values and prayer as they connect to mental health. Time will be spent on eight middot (Jewish values) and understanding the importance of the mi sheberach for mental health and addiction.



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



Which Jewish mental health middah sticks out to you the most?




For those who struggle with anxiety, Bless and heal the one who struggles. May they find the strength to be comfortable with situations that make them anxious, may they continuously strive for courage and confidence. The One will help to continuously support the healing of the mind and soul. May they remember how brave they are.

Eve and Harrison




MI SHEBERACH FOR GROUNDING ONESELF

May the slowness of your breath calm the fast thoughts in your mind.

May the shoulders of your community be your pillow to lean and rest on.

May your footsteps on the earth's ground you to the center of your heart.

-Sophie & Nora





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JEWISH WOMEN AND GIRLS SUMMIT



About the Summit

This program will provide a unique in-person/virtual experience for young girls (ages 8-11) and a key female figure in their lives, comprising 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 idea of stress from a young age and learn how to cope with it through open communication with both friends and the main female adult in their lives.

The Summit is designed for the unique needs of women and girls. Those who go through this program will have opportunities to engage in deep, intimate, tough conversations with their peers as well as the individual they came with. 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 women and girls in attendance. We will touch on Judaism’s connection to these topics but also break the ideas down in a way everyone can understand easily.

Participants will Learn How to:

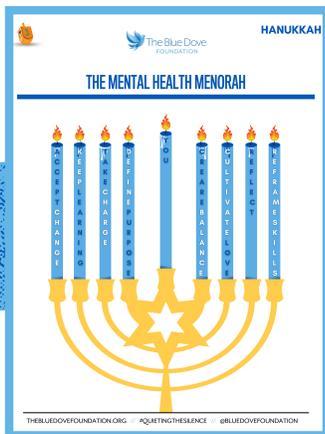
- Explain the difference between stress and anxiety, and how they experience/cope with stress.
- Engage in open communication with friends and with their (adult-female) partner.
- Identify someone they feel comfortable turning to for support in dealing with stress.
- Identify the kinds of friends they have and describe how friendships can change over the course of 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” (An honorable, good person).
- Identify their own character strengths, as well as those of their partner, and explain how they use their strengths effectively.

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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.

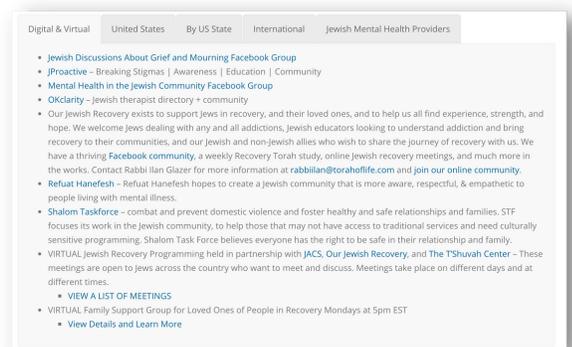
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Jewish Mental Health Resources

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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