

## the Den Collective

Mindfulness Initiative • Innovation Grant

At the Den we have spent the last few years learning first-hand about the spiritual needs of the NextGen demographic throughout the entire DC area. In our organizing, gathering, and engagement, we have learned this fundamental truth: that people yearn to discover themselves, to be seen by others, and to exercise their heart as much as they exercise their mind. We regularly encounter Jews who are amazed to find that the mindfulness practices they have been seeking outside of Judaism are actually an authentic part of our own tradition. For some, that has been intimate learning cohorts that join study and soul-exploration; for others a chance to explore prayer through collective singing; and for even more an experience of meditation that coalesces with our Jewish heritage, ancestral, or chosen. the Den's Mindfulness Initiative addresses all of these needs as we weave together mind, body, and spirit.

### Proposal

Mindfulness Initiative

### Funding

\$50,000

### Category

New - Combined NextGen/NOVA - Innovation

### Program Goals

1. Cultivate accessible spaces for NextGen Jews to engage in a variety of spiritual and contemplative mindfulness practices that strengthen their connection to themselves and their Jewish identity.

### Metrics



60 new attendees  
**Q1:** 615 attendances at classes/gatherings  
40 interactions of pastoral services  
**Q2:** 20 new attendees



2 professional development opportunities for staff  
**Q2:** 2 professional development opportunities for staff

500

unique attendees  
**Q1:** 144 unique participants  
36 receiving pastoral counseling from clergy  
**Q2:** 141 unique attendees



350 participants who report changing attitudes or practices as a result of their participation  
**Q2:** 200 participants who report changing attitudes or practices as a result of their participation



40 new programs connected to Mindfulness Initiative  
**Q2:** 23 programs

100+

pastoral support and 1:1 interactions  
**Q2:** 40 pastoral support and 1:1 interactions

120

total Den programs  
**Q2:** 23 programs (classes/gatherings)



3 additional facilitators  
**Q2:** 4 additional facilitators

