

## the Den Collective

### Wisdom + Wellness: An Education and Empowerment Initiative | Innovation Grant

We have learned this fundamental truth: people yearn to discover themselves, to be seen by others, and to feel that they belong. Throughout this pandemic, so many continue to experience heightened levels of anxiety, depression, isolation, and grief. Integrating a mindfulness tradition from within Jewish wisdom into our classes, gatherings, and pastoral care sessions has been an incredible life-giving and comforting resource during a time people need it most. For some that has been intimate learning cohorts that join study with 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. Our classes and gatherings evolve with the learner's needs and interests, empowering them on their path of Jewish learning and exploration. Our Wisdom + Wellness: An Education and Empowerment Initiative brings together mind, body and spirit that reaches the core of the Jewish endeavor.

#### Proposal

Wisdom + Wellness: An Education and Empowerment Initiative

#### Funding

\$50,000

#### Category

New - NextGen

#### Program Goals

1. Cultivate accessible spaces for NextGen members of the Jewish community - These spaces include classes and gatherings, learning cohorts, singing circles, and pastoral care sessions with members of the Den's clergy team.
2. Engage community members in a variety of spiritual and contemplative wellness practices, drawing from the wealth of resources within Jewish wisdom.
3. Help community members foster resilience and much needed support during these challenging times.
4. Strengthen community members' connection to themselves, their Jewish identity, and to their community.

#### Metrics



50 new attendees  
183 new attendees



2 partnerships with other organizations  
10 partnerships with other organizations

175

unique attendees  
319 unique attendees



500 People in your organizational database by quarter for the target population/geography  
An average of 600 people in organizational database per quarter



40 new programs connected to Mindfulness Initiative  
60 new programs connected to Mindfulness new Initiative

1,200+

total at classes and gatherings  
1200 total at classes at gatherings.



3 additional facilitators  
4 additional facilitators