



# C.A.R.E. Training Program

## Community Ambassadors for Resilience and Empathy

### *Providing Mental Wellness, Advocacy and Support in Your Organization*

JCFS Chicago invites lay leaders and non-profit Jewish lay leaders to participate in cohort style workshops and learn skills and approaches to build resilience and support the emotional well-being of the individuals, families and colleagues you serve.

Facilitated by local and national trainers, CARE workshops will meet (virtually) for four two-hour sessions that include training, interactive discussion and time for Q & A. Ambassadors will collaborate with colleagues, make stronger connections, and learn about mental health & wellness through a Jewish lens.

Following the workshops, the cohort will continue to reflect on their experiences as a cohort and meet several times during the year as a *community of practice*. Topics include addressing issues unique to your setting and developing strategies, protocols, and programs to offer to the community at large. *There is no cost to participate.*

### WORKSHOPS

- **Session #1 – Introduction: Facilitating for Resilience**  
This workshop offers evidence-based experiential strategies that promote resilience in ourselves and others. Participants will learn tangible definitions and frameworks to understand resilience. Break-out / hands-on activities included.
- **Session #2 – Understanding Mental Health - Expanded**  
This workshop provides caring professionals with tools to identify the signs and symptoms of a mental health disorder, reduce stigma and connect people with appropriate resources.
- **Session #3 – Suicide Prevention as *Pikuach Nefesh***  
This workshop includes text study, video and mini-lessons to expand awareness of suicide risk. Participants learn practical and empathic steps to take when someone is thinking of suicide.
- **Session #4 – *Middot (Jewish Values)* and Mental Health**  
CARE Ambassadors training closes with exploring how to talk about mental health in a Jewish context. Includes guiding principles for community outreach and ongoing mental health education.

For more information about start dates and registration, contact Diane Halivni, Coordinator, Community Education & Support: [DianeHalivni@jcfs.org](mailto:DianeHalivni@jcfs.org), or 847-745-5459.

*JCFS Chicago is a partner with the Jewish United Fund in serving our community. Through a generous COVID-19 Action Grant from JUF, all costs of the training/materials are covered.*