



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 2-hr sessions & 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.

To register for the Fall CARE Ambassador training click [HERE](#).

FALL COHORT DATES: October 12, 26, Nov 2, 9 (Tuesdays 1-3pm)

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.***

CARE Ambassadors Program – F.A.Q.

1. Who are CARE Ambassadors?

- Specially chosen leaders (professional and lay) working in Jewish organizations
- Community members who can help in a crisis and provide support

2. What will CARE Ambassadors learn?

- How to apply a Jewish lens to mental health support
- Signs and symptoms of common mental health problems
- How to reduce stigma around common conditions like anxiety and depression
- Strategies to help someone experiencing a mental health crisis

3. Where/when will the sessions take place, and what is the time commitment?

- Four interactive 2-hour virtual workshops which include training, discussion, & Q & A.
- Begins in **Mid-October** and will be facilitated by both local and national trainers.

- Following the workshops, the cohort will continue their work to reflect on the material that was presented, and develop specific plans, protocols, and programs to offer to their community.

4. Why is it beneficial to learn in a cohort of Jewish leaders?

- Participants develop stronger connections with fellow Ambassadors, share strategies and gain perspective and support from others.
- Participants build a “Mental Health Toolbox” to strengthen resilience, develop healthy coping skills & self-care strategies, & support wellness across the community.

C.A.R.E. WORKSHOPS

- **Session #1 – Introduction: Facilitating for Resilience**
Co-facilitated by Bamidbar Wilderness Therapy, this workshop offers evidence-based experiential strategies that promote resilience in ourselves and others. Amplifying the story of the Exodus as a story of resilience of the Jewish People, participants will learn tangible definitions and frameworks to understand resilience. Break-out / hands-on activities included.
- **Session #2 – Understanding Mental Health - Expanded**
Co-facilitated by JCFS staff, this workshop provides caring professionals with tools for assisting someone who may be struggling with a mental health condition. Participants will learn how to identify the signs and symptoms of a mental health disorder, reduce the stigma around common conditions such as anxiety and depression, and connect people with appropriate resources.
- **Session #3 – Suicide Prevention as *Pikuach Nefesh***
Co-facilitated by JCFS Staff, this workshop includes a text study and reviews current statistics to expand our awareness of suicide risk. Through video, mini-lessons and role-play, individuals learn the practical steps of “Q. P. R” (Question, Persuade, Refer) and how to demonstrate empathy when speaking to someone who is thinking of suicide.
- **Session #4 – *Middot (Jewish Values)* and Mental Health**
Co-facilitated by The Blue Dove Foundation, CARE Ambassadors training closes with exploring how to talk about mental health in a Jewish context. Includes guiding principles for deepening the role of lay leaders in bringing emotional support to fellow volunteers, office relationships and expanding the framework for community outreach.

There is no cost to participate. A 20-minute intro session takes place in advance of the cohort start date.

Following the four educational sessions, the cohort will transition to a Community of Practice facilitated by JCFS staff that will meet multiple times to reflect on the material and develop plans, protocols and programs to offer to their organizations.

Register [HERE](#) or contact Diane Halivni, Coordinator of Community Education and Support at: DianeHalivni@jcfs.org, or 847-745-5459 for more information.

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.