

Presented by Temple
Isaiah (in partnership with
Jewish Federation of LA)

Summer / Fall 2024

From Strength to Strength: A Mental Health Fellowship for Young Adults

Information and Application



From Strength to Strength: A Mental Health Fellowship for Young Adults is a brand-new program focused on:

- **Education** - Each of our four sessions will include presentations and workshops on cultivating empathy, dealing with compassion fatigue, navigating stress management and overwhelm, utilizing values-based decision making, and more
- **Connection** - This Fellowship is modeled as a group cohort, with the goal of folks building long-term connections with others at a similar age and life stage
- **Community** - Each session will begin with a hearty shared dinner and intentional conversation, fostering a sense of belonging. Each session will conclude with a brief group ritual.

At its core, this Fellowship aims to give participants critical tools and coping skills (infused with Jewish wisdom) to add to their personal “mental health toolkit.” By the conclusion of this Fellowship, we believe participants will move through the world with an increased sense of fortitude and resilience, meaningful connections with other folks at a similar life stage, and a deeper sense of belonging to something bigger than the individual self, alone.

Why This Fellowship? Why Now? From professional and personal stressors to a shifting domestic political arena to Israel’s ongoing war in Gaza and its connection to a disturbing increase in antisemitism worldwide, we know more than ever that young(er) Jews crave not only increased support - especially around their own mental health - but connection and community, as well. We believe there are many Jewish young adults in Los Angeles who seek an experience like this: one that addresses the many challenges we collectively and individually encounter, offering critical tools with which to cope with these stressors and a safe space in which to feel truly seen, heard, and valued for who we are.

When does this Fellowship take place? From Strength to Strength will meet on select Tuesday evenings four times between late August and September, 2024. Each session will run for three hours, including dinner and a short break. Our final session will take place shortly before Rosh Hashanah, leading into a communal celebration of the new Jewish year.

Session dates:

Tuesday August 27, 6-9pm
Tuesday September 10, 6-9pm
Tuesday September 17, 6-9pm
Tuesday September 24, 6-pm

*Erev Rosh Hashanah begins the evening of October 2, 2024.



A sample schedule for each session – subject to change:

6:00–6:15 – Arrivals
6:15–7:00 – Dinner
7:00–7:50 – Presentation I
7:50–8:00 – Break
8:00–8:30 – Presentation II
8:30–8:50 – Processing & Reflections
8:50–9:00 – Closing Ritual

What’s the cost of this Fellowship? There is no cost for participants, thanks to the generous support of The Jewish Federation of LA and Temple Isaiah.

Where will the Fellowship take place? Is it virtual? All meetings will be held **in-person** at Temple Isaiah: 10345 W. Pico Blvd., Los Angeles CA 90064. We will **not** be offering a virtual meeting component, however we will share session resources (PowerPoint slide shows, learning materials, etc.) after they’ve been presented.

What happens if I can’t make a session? We ask all folks interested in applying to first make sure they are available those four Tuesday evenings in August and September, 2024. Once accepted, should something urgent come up last-minute – illness, childcare issue, etc. – we ask that you communicate with the facilitators as soon as possible. We know life happens (it’s life!) but ask that you prioritize and commit to these dates.

I have young children. Can I bring them with me? Unfortunately, that is not an option. To create sacred space and facilitate meaningful dialogue amongst adults, we ask those with young children to find reliable childcare for the four evening sessions.

Who will facilitate this Fellowship? The two professionals leading the fellowship are Rabbi Jaclyn Cohen, Associate Rabbi of Temple Isaiah, and Erin Bishop, JD MFT, a therapist and educator with a private practice in Palms / Culver City.

For more on Rabbi Jaclyn Cohen: www.templeisaiah.com/clergy

For more on Erin Bishop JD MFT: www.erinbishopmft.com

Who can apply: This fellowship is open to anyone in the Los Angeles Jewish community in their early 20s to early 40s(ish). This means it is open to a wide spectrum of identity & belonging, and we invite those who are considering conversion to apply, as well. At Temple Isaiah we strive to welcome a diverse range of voices and life experiences; as an organization we constantly strive to advance diversity and inclusion at every level. We want people of all ages and backgrounds to feel seen, respected and included, and that philosophy guides how we accept applicants into this Fellowship.

To participate in this Fellowship's inaugural cohort, you must submit a written application (including short essays) to mentalhealth@templeisaiah.com by **July 15, 2024**. You may be asked to participate in a follow-up informal interview (in person or on Zoom, no more than 30 minutes) in July or early August, 2024.

Do I Need To Be a Member of Temple Isaiah To Participate? No. Non-members are welcome to apply.

Candidates: The ideal candidate for the Fellowship is an individual in their 20s to early 40s(ish) seeking connection to Jewish community, possessing both a strong degree of curiosity and a willingness to be vulnerable around others. This candidate must be able to articulate why the goals and objectives of a mental health fellowship feel relevant and valuable to them, especially at this time.

Is this Fellowship just group therapy? No. Group therapy requires a different design, focused on talking, sharing, and finding commonalities. This Fellowship takes a more educational approach, focusing on mental health resilience and the specific skills we've determined to be essential to the 'mental health toolkit' of emerging young adults.

Seems amazing. What's the catch? No catch! By participating in this cohort, you are helping Temple Isaiah implement innovative mental health programming, something about which our clergy, staff and lay leadership are deeply passionate. As an organization we hope to replicate this pilot experience with additional age & interest groups within our synagogue. We are deeply grateful to our friends at Jewish Federation of LA for their substantial grant funding, allowing us to bring our vision to reality.

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Application – Fall 2024 Cohort

Please email this completed application to mentalhealth@templeisaiah.com
no later than July 15, 2024.

Name:

Pronouns:

Current Age:

Occupation (how do you spend most days?):

A brief summary of your experience(s) with Jewish community:

What drew you to apply to this Fellowship?

What are you hoping to gain from participation in this Fellowship?



When it comes to your own personal “mental health toolkit,” what ideas, concepts, or tools are you most eager to learn about?

Do you have any concerns about participating in this Fellowship?

Do you have any questions for us, the facilitators?

Please email this completed application to mentalhealth@templeisaiah.com no later than July 15, 2024.

