

**LOCAL GRANTS**

**NATIONAL COUNCIL OF JEWISH WOMEN /MICHIGAN: *MICHIGAN INSTITUTE*: \$8,800**

To encourage women to become advocates, NCJW | MI will offer a two-day advocacy training in Lansing for Jewish women throughout Michigan. The training hopes to empower women to have more powerful voices.

**FLINT JEWISH FEDERATION - *SENIOR HEALTH MAINTENANCE ASSISTANCE INITIATIVE*: \$5,000**

To provide immigrant seniors transportation to medical appointments accompanied by a senior social service/immigrant service staff person to provide emotional support, translation services, assistance with document completion and compliance/application for federal and state programs.

**FRIENDSHIP CIRCLE OF MICHIGAN - *MOTHER-DAUGHTER SHABBAT RETREAT*: \$15,000**

The Mother-Daughter Shabbat Retreat is an interactive weekend retreat for mothers and teenage daughters to openly discuss, and thereby reduce the stigma surrounding mental health. The project will engage 60-80 mothers and teen daughters. The project will facilitate an open dialogue regarding mental health and the challenges associated with being teens and mothers, and how to effectively talk to each other. SafeTalk training, a suicide alertness training, will be part of the experience.

**JEWISH FAMILY SERVICE - *ADDRESSING CHRONIC DISEASE MANAGEMENT BARRIERS: BILINGUAL RESOURCES*: \$20,000**

The project focuses on improving quality of life of underserved vulnerable older adults through chronic disease management services while creating a bilingual (Russian/English) network of support and community resources. The goal is to improve quality of life and coordinated care for vulnerable older adults with two or more chronic conditions in the underserved low-income population with language and cultural barriers preventing access to services available to the wider community.

**JEWISH HOSPICE & CHAPLAINCY NETWORK - *PROJECT DIGNITY*: \$12,500**

As a patient with a terminal illness gets weaker, they often give up appointments that were once so important but are now next to impossible to get to. "Project Dignity" seeks to bring those very important and much desired 'pampering' services directly to the homes of our patients: hair care, manicures and pedicures. The goal is to preserve their dignity, uplift the quality of their lives and hopefully extend their lives at the same time. Every patient wants, needs and deserves: to be free of pain, to feel love, to be respected and not treated as a burden, to not be alone and to be remembered. Project Dignity speaks to all five of these essential areas.

**JEWISH FAMILY SERVICE - *LEGAL REFERRAL SERVICE*: \$10,000 (RENEWAL - CHALLENGE)**

Jewish Family Service has recruited over 100 of the finest local lawyers who are willing to help our clients with their legal needs. Together they have contributed their valuable time that, if billed, would be millions of dollars in total fees – all free to JFS clients, and women in particular. Many of the women that have been assisted in this program are low income but do not qualify for legal aide. Without such services, many of them would not have been able to get the much-needed divorce, help with child support, or legal advice to better themselves and their children.

**JEWISH VOCATIONAL SERVICE & COMMUNITY WORKSHOP - *FUSE FORCE*: \$18,600**

Fuse[Force] is a comprehensive fitness initiative that was developed to meet the health and wellness needs of individuals with autism and other developmental challenges. The physical, emotional, and social benefits of this fitness program translate into comprehensive skill improvements and increased vocational opportunities for the participants.

**KADIMA JEWISH SUPPORT SERVICES FOR ADULTS WITH MENTAL ILLNESS - KADIMA INTEGRATED CARE PROGRAM: \$20,000**

The Kadima Integrated Care Program allows the agency to assist clients in identifying, treating and monitoring co-morbid conditions including obesity, hypertension, type 2 diabetes and others, and promotes healthy living through educational programs and coordination of care between health care providers and the clients. In addition, this evolving program provides a unique and essential experience for future medical professionals in our community that will help to improve medical treatment for individuals with severe mental illness in a medical setting in future years.

**HILLEL OF METRO DETROIT - JEWISH WOMEN: COLLEGE 2 CAREER: \$5,000**

Female students at Hillel of Metro Detroit especially expressed concern about the need to increase their self-confidence when they present themselves (interviewing, networking, etc.) as they transition from college to graduate programs and career. They also are interested in hearing success stories from women in our community to benefit from learning about their personal experiences. Jewish Women: College to Career will focus on issues and ideas that concern students who are about to enter graduate school and the working world.

**JEWISH COMMUNITY CENTER-OPENING THE DOORS: DOORS TO THE FUTURE EARLY CHILDHOOD INCLUSION: \$15,000 (RENEWAL)**

The Opening the Doors': Doors to the Future Early Childhood Inclusion Program (DTF) provides early intervention, through temporary one on one assistance for annually 21-23 "at risk" preschool children, girls and boys, ages 2½ to 6, enabling them to participate in one of 7 Jewish early childhood education programs. This one of a kind program meets critical community needs and has tremendously benefited children with learning, social and behavioral challenges, with no cost to families.

**JEWISH FEDERATION - TEEN MENTAL HEALTH: YOUTH RESILIENCY TRAINING: \$17,000**

Resiliency training is a proactive, longer-term preventative measure that gives children and teens tools to cope with challenges in a healthy way. These resiliency tools empower young people to withstand adversity with optimism and to grow and mature through their experiences. This training, combined with stronger crisis-level supports, will ensure that the community's approach to strengthening the next generation is one that is both evidence and strengths based, and will provide practical tools for long term success.

**MSU HILLEL & HILLEL CAMPUS ALLIANCE OF MICHIGAN (HCAM) - NEFESH: MIND, BODY & SOUL: \$10,000**

The goal of Nefesh is to reduce anxiety in college aged women by focusing on general wellness and body positivity through diverse programming, including: yoga, meditation, art therapy, small group discussions and Jewish learning. This project will allow students to devote time to focus on their mental and physical well-being.

**FRESH AIR SOCIETY / TAMARACK CAMPS - FROM SINGLE MOM TO EXTENDED FAMILY: \$20,000 (RENEWAL - CHALLENGE)**

"From Single Mom to Extended Family" provides a portion of Tamarack Camps' scholarship dollars. Many children of single Jewish mothers can attend a Tamarack Camps' summer program because of the financial assistance their families receive. Single Jewish mothers enjoy a respite and are comforted knowing their children are enjoying life-changing experiences.

**JEWISH COMMUNITY CENTER - PITT CHILD DEVELOPMENT CENTER SCHOLARSHIPS: \$20,000 (RENEWAL)**

The CDC offers accredited full and part-time programs for infants through kindergarten aged children, and is dedicated to creating an environment where children are nurtured, challenged intellectually, emotionally, socially, physically and spiritually. Families rely on this safe space for their children; however, the financial burden is tough for many to carry. The need for financial assistance is critical for these families.

#### **JEWISH COMMUNITY CENTER - *JBABY! BORN*: \$4,514**

JBaby! BORN is a new mom support program offered during the first several months after childbirth when emotional support and community connection is most critical. The program is drop-in style and is offered once a week for one hour, almost every week of the year. It is facilitated by a local psychologist and lactation consultant. A variety of topics are covered during each session, such as navigating the role of motherhood, how to build support systems, developmental milestones, infant feeding, sleep, child safety, transitioning back to work and maintaining healthy relationships with partners.

#### **STAND WITH TRANS - *HOW TO RAISE A DIVERSE, AUTHENTIC FAMILY WHILE LIVING JEWISHLY*: \$18,125**

Through a series of three interactive presentations/workshops, Jewish Parent participants will: learn how to apply Jewish values to understanding and raising a child who identifies as lesbian, gay, bisexual, transgender, and/or queer (LGBTQ+); take away parenting skills that are geared to improving mental health and raising self-esteem when a child is questioning their identity or sexual orientation; and participate in discussion with a panel about coming out to community, dealing with worries about “what will the neighbors think,” and understanding how to stand up and advocate for their child. The intention is to give parents the knowledge, skills and awareness to support their child according to Jewish values and evidence-informed best-practices.

#### **JEWISH FAMILY SERVICE - *CANCER THRIVERS NETWORK FOR JEWISH WOMEN*: \$10,000 (RENEWAL – GRANT Provided by the Alfred & Sandra Sherman Women’s Health Fund)**

The Cancer Thrivers Network for Jewish Women was founded in 2008 to bring together Jewish women who have experienced any kind of cancer diagnosis as some time in their lives. Its ongoing mission is to enrich and empower Jewish women through activities, friendship, resources, education and humor.

*The Jewish Women’s Foundation of Metropolitan Detroit is a grantmaking organization that advances social change by expanding opportunities for Jewish women, their families and community. The Foundation empowers its Trustees as advocates, leaders and philanthropists.*