



**WHY WE NEED YOUR SUPPORT**



**The Roots Program offers children, teens, young adults, *and* parents spiritual tools to navigate life, become leaders, and positively impact the world. Roots is an all-inclusive space for families to grow together.**

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# OUR MISSION



To instill spiritual wisdom, values, and tools that will help our young people grow into conscious, loving, independent, resourceful, and sharing global citizens. We continuously develop content, materials, and events that provide a support system for our youth to create a better future for themselves and the world. Our lessons are designed to communicate deep spiritual concepts to youth through fun and interactive education.



A person is sitting on the floor against a wall, their back to the camera. They are wearing a dark beanie, a dark long-sleeved shirt, and dark pants. A large, semi-transparent red circle is overlaid on the image, centered on the person. The background is a light-colored wall with a dark horizontal band. A small electrical outlet is visible on the wall to the left.

**THE WORLD  
IS EXPERIENCING  
AN EXTREME  
YOUTH MENTAL  
HEALTH CRISIS.**



# THE PROBLEM AT HAND

Collectively, we are experiencing a mental health epidemic like no other time before in human history. According to the World Health Organization...



**ONE IN SEVEN**

10-19 year-olds globally experience a mental disorder

**Suicide is the  
T H I R D**

leading cause of death among 15-29 year-olds



Pre-COVID 19

Since COVID 19





**Global issues such as wage theft, job insecurity, climate change, unregulated social media, and more are compounding mental health challenges for young people all around the world.**

Research conclusively shows that mental health conditions significantly affect all areas of our lives, ranging from school or work performance to relationships and our ability to participate in the community. Part of youth development is learning how to release and transform negative emotions in the face of inevitable stress. Resilience is a trait that is crucial for our youth to develop, probably now more than ever, in order to not just survive but thrive in life.





# WHAT DO KIDS NEED?

Kabbalist Rav Klonymous Kalman Shapira wrote it best in his book *Chovat HaTalmidim* (Students' Obligation): "We want to accustom youth to the ways of spirituality, since they are maturing earlier and earlier, and their emotions are impacting early..."

Dr. Lisa Miller, professor of psychology and education at Columbia University, founder of the Spirituality Mind Body Institute, and author of "The Spiritual Child" and "The Awakened Brain," echoes what the Kabbalists have long been asserting – **spirituality isn't a luxury, it's a necessity**. Miller shares, "In the realm of human experience, there is no single factor that will protect your adolescent like a personal sense of spirituality."

The greatest epidemic of our time is suicide in young adults, and science now clearly shows us we are 4/5ths less likely to take our lives when we have a strong spiritual life that is shared (communal). Miller's research also shows teens who have a genuine relationship with a higher power (compared to those who don't or who are simply religious) are 70-80% less likely to heavily use or abuse substances and are 80% less likely to have a recurring depression.





# OUR APPROACH



Kabbalists teach that a connection to one's soul is the seed of all happiness and fulfillment, yet most human beings walk around not knowing the capacity of their soul or how to live in alignment with it. When we are disconnected from our souls, we may connect with temporary moments of pleasure, but the long-term, consistent sense of peace and joy we all seek is out of reach.

We believe the wisdom of the Zohar, the foundational text of Kabbalah, offers a unique approach to spiritual wellness. The teachings assert that the Creator designed humans "in a similar way to the art and painting of the world... every human being reflects the entire world within himself and thus is called a microcosmos." (Lech Lecha v. 330)

Kabbalah teaches that it is essential every young person understand the true power residing within them in order to thrive. Our program seeks to build self-confidence and self-trust as kids are given spiritual tools to discover that everything they need to succeed is already within them. Every class, event, experience, service, and book we offer is designed to help youth realize they can be the creators of their lives if they shift their focus internally to their soul instead of depending on factors outside of them to dictate their happiness.




**“The hope for our future generation in particular and the world in general always lies with the children of any period. They will become the future adults of tomorrow.”**

**– RAV BERG**



# PROGRAM DESIGN INCLUDES:



## **Classes & Courses**

- In-person and online
- Ages 5-25
- Deep spiritual concepts through new, fun, and interactive lessons
- Spiritual guidance for children, teens, and young adults

## **Parental Support**

- Parenting classes and courses in-person and online
- One-on-one support for raising spiritually-minded children and conscientious adults

## **Holidays, Retreats, and Shabbats**

- Fun, educational videos for holidays to internalize windows in time
- Experiential retreats for life skills, meaningful personal reflection, and peer connection
- Dynamic Shabbat experiences tailored to youth

## **Mentor Program**

- Group support
- One-on-one mentoring
- Safe haven to support youth with spiritual principles

## **Social Media**

- Age-appropriate, fun, and engaging spiritual content for teens and young adults

## **Volunteer Program**

Fun, age-appropriate volunteer activities, such as planting trees and visiting children's hospitals, offer kids and teens the unique ability to put into practice key spiritual principles: true caring, sharing, and teamwork.



# ROOTS IN ACTION

Since its inception in 2022, the Roots Program has reached over 5,000 kids, teens, and young adults through online and in-person classes, events, and retreats all around the world.

## Program highlights include:

- Kids Morning Connection Series
- Kids Holiday Video Series
- Launching of 15+ Kabbalah 1 and 2's for pre-teens and teens
- Monthly Spiritual Study webinars for kids, teens, and young adults
- "How to Be: Kabbalah for Young Adults" YouTube Series
- Launch of the Success Series podcast for Young Adults
- Youth and Conscious Parenting Guidance Services
- Launch of [roots.kabbalah.com](https://roots.kabbalah.com)

We have also published a Kids Pinchas Zohar and two children's books: *The Gift of Being Different* and *The Tale of the Other Glove*. These children's books have sold over 10k copies, and thousands have been donated to libraries, schools, wellness centers, and a variety of children's charities.

There is exponentially more to do...





## Your Donations Will Help Us To

hire a team of educational, administrative, and technical professionals to work with our Kabbalah Centre teachers in various capacities:

- Writing and producing content for both on-demand and in-person classes & events
- Writing new articles and books for children, teens, young adults, and parents
- Translating all online content into Spanish, French, Hebrew, Portuguese, Italian, Russian, German, and more, so young people all over the world can benefit from these teachings
- Training youth teachers and building a youth mentor program
- Creating consistent experiential opportunities (retreats, Shabbats, camps, outreach, etc.) in every Kabbalah Centre community around the world
- Marketing our program to the masses

And so much more!



We asked students how the  
Kabbalah Roots Program is  
changing their lives.

**THIS IS  
WHAT  
THEY  
HAD  
TO SAY.**

**“I was able to connect with new people and create new bonds. A lot of my social anxiety disappeared and I grew as a person.”**

*- SAMANTHA, AGE 18*

**“[I learned] how to release my shame.”**

*- YEHUDA, AGE 17*

**“What I took from this program is all the friendships I have made, and the understanding that I can do everything. No one can diminish my potential.”**

*- ESTHER, AGE 14*

**“I gained the power to stretch out of my comfort zone and realized not everyone is judging me.”**

*- RACHELI, AGE 15*



# Help give future generations the opportunity to learn spirituality

by considering making a meaningful gift or a monthly donation to the Roots Program today



THE  
KABBALAH  
CENTRE