



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.



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 a concrete floor against a wall, with their back to the camera. A large, semi-transparent red circle is overlaid on the image, centered on the person. The text is overlaid on the red circle.

**THE UNITED STATES
IS EXPERIENCING
AN EXTREME
TEENAGE MENTAL
HEALTH CRISIS.**



ACCORDING TO A NEW
CDC STUDY, FROM 2009
TO 2021, THE SHARE OF
AMERICAN HIGH SCHOOL
STUDENTS WHO SAY
THEY FEEL "PERSISTENT
FEELINGS OF SADNESS
OR HOPELESSNESS"
ROSE FROM

26% TO **44%**

**THIS IS THE HIGHEST LEVEL
OF TEENAGE SADNESS EVER
RECORDED.**

Objective measures of anxiety and depression—such as eating disorders, self-harming behavior, and teen suicides—are sharply up over the past decade. “Across the country, we have witnessed dramatic increases in Emergency Department visits for all mental health emergencies, including suspected suicide attempts” (World Health Organization).

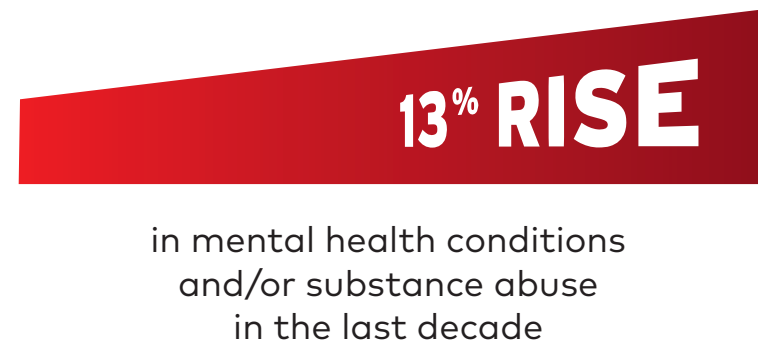
In fact, this trend is global. Collectively, we are experiencing a mental health epidemic like no other time before in human history.

According to the World Health Organization, “the COVID-19 pandemic has triggered a 25% increase in the prevalence of anxiety and depression worldwide. There has been a 13% rise in mental health conditions and substance use disorders in the last decade (to 2017). Around 20% of the world’s children and adolescents have a mental health condition, with suicide the second leading cause of death among 15-29-year-olds. Approximately one in five people in post-conflict settings have a mental health condition.”

Research shows mental health conditions can have a significant effect on all areas of our lives, “such as school or work performance, relationships with family and friends and ability to participate in community” (WHO). Part of growing up is learning how to release and transform negative emotions in the face of inevitable stress. Resilience is a trait that is crucial for young people to develop, probably now more than ever, in order to not just survive but thrive in life.



THE PROBLEM AT HAND



Source: World Health Organization, 2022



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 4/5th's 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 5-22
- 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
- Ongoing support for parent education

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, to 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 3,000 kids, teens, and young adults through online and in-person classes, events, and retreats all around the world.

Program highlights include:

- Kids Holiday Video series
- Launching of 10+ 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
- Youth and Conscious Parenting Guidance Services
- Launch of roots.kabbalah.com

We have also published a new *Kids Pinchas Zohar* and *The Gift of Being Different* – which sold over 5,000 copies and had thousands of donated copies go 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, 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