

Twin Cities Jewish Community Mental Health Education Conference

The Twin Cities Jewish Community Mental Health Education Conference brings together people of all backgrounds to build relationships, connect with resources, cultivate new wisdom, and breakdown stigma around mental health.

Community is at the core of this convening. Designed in collaboration with community members and shaped by the Jewish value of compassion, the relevant and resonant program responds to our evolving mental health landscape in the Twin Cities today. This is a space for people who experience mental health challenges, their loved ones, and practitioners. Together, we cultivate belonging, education, and advocacy that supports mental wellness for all.

In 2025,

- **88%** of attendees to the conference said they would **recommend it to others**
- **78%** of attendees to the conference rated the conference a **4.8 on a scale of 1-5**
- Featured **12 breakout sessions** based on community needs, including topics like mental health in schools, gambling addiction, mind-body skills for teens, implicit bias on children of color, caregiving, parents with PTSD, post-traumatic growth, creating communities of belonging, and more
- **20+ local mental health organizations** and businesses participated in the **Resource Fair**
- The conference celebrated its **25th anniversary**
- Over **300** participants
- **34%** attended for the **first time**
- Participants represented **9 spiritual affiliations**



Creating communities
of support for people
who often feel
isolated.
Providing access
to resources.
Opportunities for
learning.

KEEPING THE SPIRIT ALIVE

*The Conference for Caregivers and Those
Supporting a Loved One with Dementia*

impact report

The “Keeping the Spirit Alive” Conference for Caregivers and Those Supporting a Loved One with Dementia offers nourishment for caregivers who are nourishing others. This conference explores education and tools for caregivers supporting a loved one with Alzheimer’s or dementia. This free conference is open for all caregivers, family members, lay leaders, clergy, and professionals and provides practical approaches for caregiving, tactics to take care of the caregiver, plus educational and research updates about dementia. The conference also provides information about community resources that are available.

In 2025,

- **100%** of presenters, volunteers and resource fair participants **said they would return**
- Conference attendees rated this event a **4.9 on a scale of 1-5**
- Featured **12 breakout sessions** based on community needs, including topics like building a strong support network, working on brain health, perspectives from a death doula, the role of family meetings, ethical challenges and decisions, caregiving in a home vs. facility, and more.
- **20+ local caregiver organizations** and businesses participated in the **Resource Fair**
- Over **200** participants
- **35%** attended for the **first time**
- Participants represented **9 spiritual affiliations**



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