

**Jewish Community Center of Manhattan,
Inc.**

(New York, NY)

Makom at the JCC

Total Award: \$80,000 over 2 years

To support Makom at the JCC (Makom) in the evaluation, strengthening, replication, and dissemination of their practices and programs. Through the support of previous NCF grants, Makom has developed a creative and innovative approach to contemplative practice for the Jewish community. Through classes, retreats, workshops, lectures, and meditation opportunities, the JCC reaches out and promotes and cultivates contemplative practice and meditation. Having built a strong and innovative model, Makom is now ready to: 1) Evaluate the program to better understand the needs of participants and further strengthen Makom, and 2) Facilitate its replication in select JCCs around the country. Over the course of the next two years, Makom will develop marketing materials describing its programming and benefits; identify 5-10 JCCs that seek to develop a mindfulness program; host a conference to introduce other JCCs to the Makom model; maintain communication among the participating JCCs to develop an effective network; and develop an evaluation tool to be used by all the participants to facilitate the evaluation and growth of their contemplative practice programs.

Program Contribution Breakdown:

\$80,000 Jewish Life and Values/Contemplative Practice Program: *Goal I, Objective 2, and Goal II, Objective 2*