

SUMMER 2025 STAFF TRAINING PROGRAMS

BeWell offers a variety of FREE wellbeing program write-ups and resources to train both day and overnight camp staff. Programs can be tailored to meet your specific needs. Request any of the following using this QR code or [clicking this link](#).



TAKING CARE OF OURSELVES AND THE COMMUNITY

Camp Staff Training Activities

- Short training activities that can be used in any order in a variety of settings. Request the entire bundle and check out the following:
 - Brave Space
 - Camp Traditions
 - Community Responsibility
 - Daily Check Ins
 - Superpowers
 - What's in Your Backpack?
 - Who Are Our Campers?

Short Wellness Activities for Teens (can be adapted for all ages)

- Short activities that can be used in any order to normalize conversations around mental wellness, explore identity, and learn about resources available for support. Topics include:
 - Asking For Help
 - Boundaries
 - Brave Space
 - Hard & Hope Reflection
 - Listening
 - Spectrum of Self Care
 - Stigma
 - What I Might Do Spectrum

Summer Camp Staff Journal

- Journals for staff to use throughout the summer to support their mental health, including a guide to introduce and incorporate the journal into camp. Available in English and Hebrew.

Kehillah Kedosha: How Camp Rituals Build Community

- Explore how the rituals that make their camp special support wellbeing and how to implement different rituals in a meaningful way.

Beating the Burnout

- Help staff gain new tools to think through camper situations so they feel supported in their role.

Leading Through Uncertainty

- Explore different individual and communal healing strategies with a practical guide for self-care.

INCLUSION

Navigating Difficult Conversations

- Practical guide to holding difficult conversations that include diverse opinions.

Short Wellness Activities for Teens (can be adapted for all ages)

- Help staff learn more about LGBTQ+ terminology and engage them in discussion about how to create more inclusive camp settings.

Summer Camp Staff Journal

- Short training activities that can be used in any order in a variety of settings. Request the ENTIRE bundle:
 - Ages & Stages
 - Brave Space
 - Community Responsibility
 - Superpowers
 - Who Are Our Campers?

EXPLORE MENTAL HEALTH IN A JEWISH CONTEXT

Camp Staff Training Activities

- Short training activities that can be used in any order in a variety of settings. Request the entire bundle and check out the following:
 - Ages & Stages
 - Brave Space
 - Daily Check Ins
 - Hard & Hope Reflection
 - Normalizing Mental Health
 - Observations

Cultivating Mental Wellness at Camp

- What can be learned from camper behavior, and how to find (for campers and staff) in their own camp community.

Intro to Mental Health for Teens

- Help teens increase their knowledge, skills and resources to support themselves and each other.

Mental Health 101

- Increase staff knowledge of skills and resources to support young people and their mental health.

Short Wellness Activities for Teens (can be adapted for all ages)

- Short activities that can be used in any order to normalize conversations around WELL-BEING, identity, and resources for support. Topics include:
 - Asking For Help
 - Boundaries
 - Brave Space
 - Hard & Hope Reflection
 - Listening
 - Spectrum of Self Care
 - Stigma
 - What I Might Do Spectrum

ADDRESSING ANTISEMITISM

Healing Minority Stress (intended to be led by a mental health professional)

- Help staff increase their understanding of minority stress and trauma activation. It also includes the healing strategies and practical guide for self-care from the Leading through Uncertainty program.

Navigating Difficult Conversations

- Practical guide to holding difficult conversations that include diverse opinions.

Supporting Teen Wellbeing during the Rise of Antisemitism

- Help staff increase their knowledge of the impact of trauma on teens and how they play a role in providing protective factors to promote wellbeing.

DAY CAMP

Camp Staff Training Activities

- Short training activities that can be used in any order in a variety of settings. Request the entire bundle:
 - Ages & Stages
 - Brave Space
 - Camp Traditions
 - Community Responsibility
 - Daily Check Ins
 - Hard & Hope Reflection
 - Mission/Vision/Value Statement
 - Normalizing Mental Health
 - Observations
 - Superpowers
 - What's in Your Backpack
 - Who Are Our Campers?

Short Wellness Activities for Teens (can be adapted for all ages)

- Short activities that can be used in any order to normalize conversations around mental wellness, explore identity, and learn about resources available for support. Topics include:
 - Asking For Help
 - Boundaries
 - Brave Space
 - Hard & Hope Reflection
 - Listening
 - Spectrum of Self Care
 - Stigma
 - What I Might Do Spectrum