



- NEW!** 1. WORKSHOP for mothers with a child serving in the IDF.  
 2. WORKSHOP for women with a partner serving in the IDF.  
 3. Workshop for soldiers and reservists.  
 4. Workshop for parents of a soldier or reservist.

## **“IRON SWORDS”**

### **October the 7<sup>th</sup> changed our lives**

Having a son or daughter serving in the IDF, being the partner of a soldier in the army, or being a soldier or reservist in the army, can cause emotional, mental and physical challenges in your life. Each workshop offers practical information about trauma and the effects in the mind and the body and teaches on how to deal with challenges in day to day life. The aim is to strengthen soldiers, reservists, mothers, partners and parents. We offer practical knowledge and practical tools on how to deal with the consequences of the war.



**Speaker:** Elizabeth Lev-Ary; mother of an IDF reservist, Trauma Counselor, Founder of “Your home-my refuge”, teacher and former Fire fighter commander.

**Information:** [www.yourhomemyrefuge.com](http://www.yourhomemyrefuge.com) Elizabeth: 055-6868749  
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**Language:** English- Hebrew (option Russian)

**The workshops are free of charge (donations are possible) and can be organized anywhere in Israel. (homes, schools, community centers, in the field, etc.) The minimum number of participants is 2.**

**Personal meetings are also possible.**