

# Your home - my refuge



# מחסי מעווןך

Dear reader,

Since the foundation of our nonprofit organization after October 7<sup>th</sup> and the beginning of the war, we have been looking for a suitable location to help people who suffer from trauma due to the war.

We are happy to be able to share with you that on January the second we received the keys of our new building!

The renovation, putting a team together and organizing the first activities after the opening are all in full swing. We have 200 square meters to work with, spread over 2 floors. The building is located in the center of Nahariya, a central coastal city in the north of Israel. The citizens of Nahariya faced countless air raid alarms, rocket hits, it lost soldiers and has loved ones held hostage in Gaza. So many people experience traumatic feelings...

Because of the central location, we are very visible, easy to reach and close to the bus and train station. Since the cease fire the schools are open again and people are trying to live life as normal as possible.

Our new building will be a safe place for people who suffer from trauma. Our goals are; to lend an ear, to organize creative and informative workshops, to give massages, to open a second hand and art shop, to work with a therapy dog, to offer a quiet room to reset emotions, to coach and give therapy.

People are welcome to just walk in or to make an appointment. The informational/ educational workshops will be organized on a regular basis. There will always be someone to talk to and the second hand and art shop will help bring people in and share what we offer. The profits of the shop will be used for the nonprofit.

Our team will consist of a social worker, a therapist, a masseur, a natural doctor, a dog therapy professional and volunteers are able to connect with us to help with projects.

The ground floor is being prepared with a reception space, a shop and a room for creative workshops. The second floor is being prepared for 3 treatment rooms, an office, a quiet room and a workshop spaces for educational purposes and coaching.

Finding this particular building was an amazing process. After we decided to look in Nahariya everything started to happen really fast. The owner of the building decided to give us a big discount on the price, after he learned what our plan is. All the advantages he promised us are written in our contract and we are very grateful and are happy to share this!

From the moment we opened the building, curious people walked in to ask what we are doing.

As soon as we share what our plans and goals are, they start to share their stories. This is so amazing and exactly what we hoped for! From a mother with a son with PTSD, a father who lost his daughter, a soldier who just returned from Gaza to an elderly couple who are afraid of terrorist infiltrations in their home. So many stories. We sit down, drink a cup of coffee together and listen...

Because our own son fought in Lebanon and we saw the footage and heard and felt the stories first hand, we know what people go through. It helps us to help people better.

Next week we will have a meeting with the welfare department in the city hall of Nahariya to see how we can work together to help as many people as possible.

The cease fire with Hezbollah gave a little bit of a release but they are threatening to restart the attacks on the north of Israel anytime soon.

Every day Hamas is still firing rockets from Gaza and soldiers are still being killed in Gaza. Terrorists in Judea and Samaria are working hard on trying to get into Israeli villages and kibbutzim to murder civilians.

The recently signed hostage deal is a painful one. On one hand nobody knows if the 33 hostages will come back alive or dead and on the other hand hundreds of murderous terrorist will be released. Unimaginable what families, loved ones and soldiers and the families of lost soldiers are going through right now.

We pray that the new American government will have a different attitude towards Israel.

We have added a few pictures to give you a first impression of our building. In our next newsletter we hope to share that we are ready and open.

Last but not least, we have opened a new bank account in The Netherlands, especially there to receive donations for our project in Israel:

**Your home my refuge**  
**NL17ABNA0140031782**

Thank you for your relentless prayers. It gives us the courage to actively help those in need in the north of Israel.

Blessings to you!

Elizabeth and Tal Lev-Ary.



