

## Newsletter December- November 2025

Dear newsletter readers,

We are at the beginning of the new year, 2026. A new season is ahead of us.

In the midst of the winter season that is pouring out long awaited rain on the land, we are looking forward to the new year and what it will have in store for us.

We celebrated Hanukkah in December, the festival of lights, where we light candles on the menorah every evening for 8 days.

We are looking back on an amazing adventurous and challenging year and we want to give you a short overview of our first project that our nonprofit organization was able to do in Nahariya.

In January 2025 we opened the doors of a trauma support center in the center of Nahariya, a central city in the north of Israel on a busy shopping street. To help stimulate people to just walk in and be able to ask for help connected to trauma related challenges, we opened a secondhand and art shop on the ground floor with a place to sit and talk. Upstairs we organized a few different spaces to talk privately and where people could receive mental treatment. We worked in a small team of professionals, like a local social worker, a neurologist, a psychotherapist and a masseur.

We volunteered our time and professionalism to people who suffered from stress, anxiety and trauma related challenges. In the shop we worked with a few local volunteers who wanted to support our trauma center.

Besides helping the people in need who just walked in, we organized educational workshops with different subjects related to trauma.

During the war there was a time that the government summoned the temporary closure of non-essential businesses because of the many missile attacks. During that time we were able to help people online and do house visits.

We had the privilege to meet many different people, young and old. People with so many different stories, challenges and needs. Our goal was to reach the local population in the north around Nahariya and we are so grateful that we were able to do this.

Different people also offered to consistently pray for the guests of the trauma support center and to stand next to us, supporting us by visiting and sharing our story with others. We had many guests from around the world that stopped by and showed their interest and support. Thank you all for reaching out, praying and showing that we are not alone.

In my spare time I am always studying and was able to finish a few more in-depth certified courses; Grief Coaching, Neuropsychology and Cognitive Behavioral Therapy.

Our rental contract for our trauma support center in Nahariya finished at the end of December 2025 and we had to close the doors. All the goods from our second hand and art shop were donated to

local families in need. We are looking back on a very special year and we had the chance to get to know many people, help, treat and support them.

Right now I travel a few times a week to different families and people in the north of Israel to support them with trauma related challenges.

We are actively looking for a new location where we can combine living and working together at the same location, also in the north of Israel.

I was invited to give educational workshops at churches, conferences and small groups. 2 nonprofit organizations in the north offered the use of their space to us so we can continue with our workshops on a regular basis. A beautiful offer and we are grateful for the opportunity.

In the coming months I will be organizing educational workshops with a young local woman who is struggling with trauma. A beautiful way to help her step out, get stronger again and work with her talents.

We will keep you updated and share our new adventures with you this new year.

We want to thank you again for praying and supporting our nonprofit.

May God bless you and keep you, shine His face upon you, be gracious to you and give you His peace!