

Lamdeinu will celebrate Yom with prayer,

Lamdeinu, the center for accessible, and inspiring Torah in Teaneck, will host its Yom celebration for women, on Tuesday, May 14, 9 a.m.-12:30 p.m. For the past decade, under the leadership of Dean Rachel Friedman, the program has engaged participants in a variety of Torah inspiration, as well as

Ohel distributes care kits for Israeli kids r

Drawing upon its experience supporting people through trauma, Ohel Children's Home and Family Services is providing guidance to 4,000 displaced families with preschool children returning to their homes in the Gaza-area communities that were invaded October 7. In this initiative, the New York-based Ohel is partnering with the Israel Trauma Coalition (ITC) and Mahut Israel.

The kits contain written resources developed by Ohel Kestenbaum International Children's Services, which provides resilience-building programs for children, designed to help parents ease their youngsters' adjustment back home.

Ohel CEO David Mandel said: "When people are under attack, are evacuated, and then are placed in temporary and unfamiliar surroundings, it is normal to have delayed reactions to trauma. Their immediate and basic needs for shelter and safety are so acute, they don't have the luxury of thinking about their feelings. But that is not good for children, especially."

"Responses to trauma can be deferred until weeks and months later," said Mandel. "Upon returning home, some people may experience intense feelings they may not be prepared for and may be especially vulnerable to mental-health challenges."

"Returning home is bittersweet for so many of these families, especially children," said Jay Kestenbaum, co-president of Ohel's board of directors. "The longing for home is finally realized, yet many of these families will be returning to a home and community that looks and feels

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Hadassa Baum holds an Ohel kit with one arm and her 2-year-old daughter, Tal Ahava, in the other.

PHOTO COURTESY OHEL CHILDREN'S HOME AND FAMILY SERVICES

very different from the one they left behind. This can trigger many feelings that may have been suppressed until now. We at Ohel...are providing them with tips and tools, drawn from our expertise, to help them cope with the adjustment to returning home."

The kits include Ohel's preschool book "I Feel That Way and That's Okay," written by Tzivy Reiter, LCSW, the organization's director of children's and national trauma services, and Dr. Naomi Baum, PhD. It also includes companion coloring books and markers and tip sheets on helping children and adults.

Ohel Children's Home and Family Services is a not-for-profit Jewish agency that provides mental health services, crisis intervention, housing and programs for people with disabilities, older adult services, safe dwellings for domestic violence.



Debbie Negari offers classes for men Monday-Thursday. Proud to celebrate the holiday to commemorate historical events including Yom HaShoah, Yom HaZikaron and Yom Yerushahinu's summer programs. For more information or to sponsor go to lamdeinu.com. For more information, contact Debbie Negari at lamdeinu.com.



PHOTO COURTESY OF BIRTHRIGHT ISRAEL

Over 13,000+ summer

Birthright Israel's classic 10-day program; volunteer through the Birthright Volunteer Program, and internships and fellowships in the prestigious Birthright fellowship program. In the wake of the October 7 attacks that followed, Birthright has added new elements: Each group will participate in civic volunteering, community organization addressing the needs of survivors and hear first-hand testimonies of the tragic events of October 7. Birthright programs to provide a sense of connection and shared destiny. For more information and to apply, go to birthrightisrael.com.

About 9,000 of the participants will be returning to a home and community that looks and feels