

Ohel Distributes 4,000 Care Kits For Displaced Israelis

Drawing upon its experience supporting people through trauma, Ohel Children's Home and Family Services is providing vital guidance to 4,000 displaced families with preschool children returning to their homes in the Gaza-area communities invaded last October 7.

The guidance consists of written materials to help parents identify some of their young children's responses to the trauma of the Hamas terrorist attack and to ease their adjustment back home. It also contains resources developed by Ohel Kestenbaum International Children's Services to help children express their emotions and feelings and to help parents in supporting them.

In this initiative, Ohel, a New York-based Jewish organization, is partnering with the Israel Trauma Coalition (ITC) and Mahut Israel. Since 1969, Ohel has provided the Jewish and wider communities with mental-health support.

Largely unknown in the wider world during the ongoing war is the plight of displaced Israelis who were relocated and scattered across the country. Thousands of them have been returning home after

staying up to six months in hotels, sometimes far from their homes. Some of the kibbutzim were decimated in the attacks.

A recent study conducted by the Israeli Pediatric Association found that 84 percent of Israeli children who were evacuated suffer from emotional distress since October 7; 93 percent of the children who survived the attacks are having emotional difficulties, 69 percent of them suffer from anxiety. Ninety percent of children living in areas where many incoming-missile sirens sounded are having emotional difficulties.

According to top Ohel officials, addressing children's emotional needs tied to October 7 is especially important for these families now. Knowing what to expect, and where to turn for help, is critical in helping them to adjust to distressing feelings that may emerge.

"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," said David Mandel, Ohel's chief executive officer. "Responses to trauma can be deferred until weeks and months later. Upon returning home, some people may experience intense feelings they may not be prepared for, and they 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 very different than the one they left behind in October. This can trigger many feelings that may have been suppressed until now. We at Ohel acknowledge the difficulty, and are providing them with tips and tools, drawn from our expertise, to help them cope with the adjustment to returning home."

The kit comes in a canvas bag that includes:

1. a tip sheet on helping adults after a return from relocation
2. a tip sheet on helping children after a return from relocation



3. Ohel's preschool book, *I Feel That Way and That's Okay*, to help children express their emotions after a traumatic experience

4. two companion coloring books
5. markers

The authors of Ohel's preschool book are Tzivy Reiter, L.C.S.W., the organization's director of children's and national trauma services, and Dr. Naomi Baum, Ph.D. from Israel.

The kits are being distributed to families in ITC trauma centers in Sha'ar Hanegev, Sderot, the Hof Ashkelon Regional Council, the Eshkol Regional Council and the Sdot Negev Regional Council. Ohel will distribute more kits in the coming weeks and months as needed.



RUBIN ORTHODONTICS
Dr. Nathan Rubin D.D.S. | Dr. Robert Tzvi Rubin D.D.S.
"The bridge to your perfect smile"

INTRODUCING
INVISALIGN AND METAL BRACES
AT THE SAME FEE
FOR TEENS AND ADULTS
(NEW FULL CASES ONLY)

FLEXIBLE PAYMENT PLANS | MOST INSURANCES ACCEPTED
ITERO DIGITAL SCANS

FOR YOUR COMPLIMENTARY CONSULTATION CALL US AT:
718-868-1497
833 CENTRAL AVENUE
FAR ROCKAWAY, NY 11691
WWW.DRRUBINORTHO.COM

 Member American Association of Orthodontists



NOT COMBINABLE WITH ANY OTHER OFFER

10% OFF
Your 1st Treatment
NEW CLIENTS ONLY

LIMIT ONE PER FAMILY



'SPRING' TO THE FINISH LINE



Teachers:

- Are you ready to conquer the end-of-year chaos and finish strong?
- Are you looking for innovative ways to keep students engaged and motivated as the school year comes to a close?
- Are you struggling with managing time efficiently to cover essential curriculum?
- Are you looking for creative ways to celebrate student achievements and growth?

Then "Spring to the Finish Line" is for you!

In this 2-part virtual training, you'll:

- Learn effective time management techniques to cover essential curriculum while keeping students engaged.
- Organize special events and activities to commemorate the year's successes.
- Empower students through teaching opportunities, fostering ownership in their learning journey.
- Receive practical tips for maintaining your classroom environment and resources.

May 12 and 19
8:00-9:30 p.m. Eastern / 7:00-8:30 Central


Presented by Etti Siegel

Just \$179!
Register 3 and a 4th comes free!

Don't miss out on this opportunity to elevate your end-of-year classroom experience. Enroll now to finish the school year with confidence and flair!

 impactfulcoaching.com/spring