



Connections & Links: From Trauma to Resilience (C&L)

On October 7th 2024 thousands of heavily armed Islamic terrorists conducted a surprise assault into Israel, killing, wounding, and sexually abusing innocent civilians. The grotesque scenes of violence and graphic images were broadcast to the world. The horrific pictures and heartbreaking stories left **trauma** on the national and local population. Many remaining civilians were then evacuated and/or called for military service.

It is here **Connections & Links: From Trauma to Resilience (C&L)** operates.

Our goal is to strengthen residents of the South of Israel with psycho-educational workshops. <https://my.israelgives.org/en/fundme/workshops>

C&L: From Trauma to Resilience is an Israeli, non-profit organization, with over twenty years' experience, operating psycho-educational workshops for adults and children so they can better cope with the anxiety and stress which result from living with constant and cumulative exposure to potential and real threats. Our mission is to provide the general population (children, adults, seniors, wives/husbands/mothers/fathers of soldiers) with tools to enable them to function and live a life while sensing less stress.

The mind-body paradigm*, which is research based, demonstrates methods for self-regulation which call on a person's innate natural treasures. *C&L* has trained dozens of therapists, teachers, instructors and thousands of children over the years through kindergartens, schools, community and senior centers. The organization provides professional training to facilitators to prevent burnout and secondary trauma and to maintain the level of professionalism.

* The mind-body paradigm called 'STREAM' (Somatic Therapies, Resilience Enhancement, Awareness & Movement) combines skills based on movement therapy (DMT), the somatic experience (SE), mindfulness, group work, and positive psychology. The training includes use of mental health equipment such as: an Emergency Kit for caregivers, hand puppets for adults and children called "The Winning Couple", playing cards designed for interaction, an instruction book for use of a parent/teacher-child/therapist, and professionals in the fields of care, a training booklet for the educational staff, songs written about coping and a children's book.



Each workshop is tailored to suit the needs of the participants and the organization.

These two workshops are operating at this time:

- 1. In the city of Beer Sheva, there are 30 senior citizens and their foreign aid workers who were evacuated from the Gaza envelope.** They are temporarily housed in a senior facility. They are unable to return to their homes. C&L wants to offer a workshop for each group.
- 2. In the city of Sderot, Ethiopian immigrants (*olim*)** are adapting to a new language, a new culture, and to the countless challenges posed by the current war. C&L tailored workshops for female Ethiopian *olim*, one for the older *olim* and one for the newer *olim* (*under 2 years in Israel*), in coordination with a local organization. Local neighbors are invited to join.

Thank you for your support. <https://my.israelgives.org/en/fundme/workshops>

Hoping for better days.

Tali Frank Horwitz, Deputy Director