



NATAL To Live Again

Israel Trauma and Resiliency Center

EIGHT WAYS NATAL IS SPREADING LIGHT THIS HANUKKAH



Photo: Ziv Koren

1. Supporting displaced evacuees from Israel's South and North, including survivors of the Oct. 7th massacre

"On Oct. 7, I narrowly escaped death, witnessing horrors that shattered my sense of safety. The emotional trauma lingered. I wasn't physically hurt, so no one understands my distress. I'm very thankful for the intervention with NATAL. When I need it most, NATAL has been a supportive and listening ear." – Alina



Photo: Ziv Koren

2. Treating families of hostages with support groups and psychological therapy



Photo: Nir Davidzon

3. Coordinating multidisciplinary treatment initiatives for NOVA music festival survivors



Photo: Ziv Koren

4. Helping soldiers serving in reserve duties cope when they return to civilian life

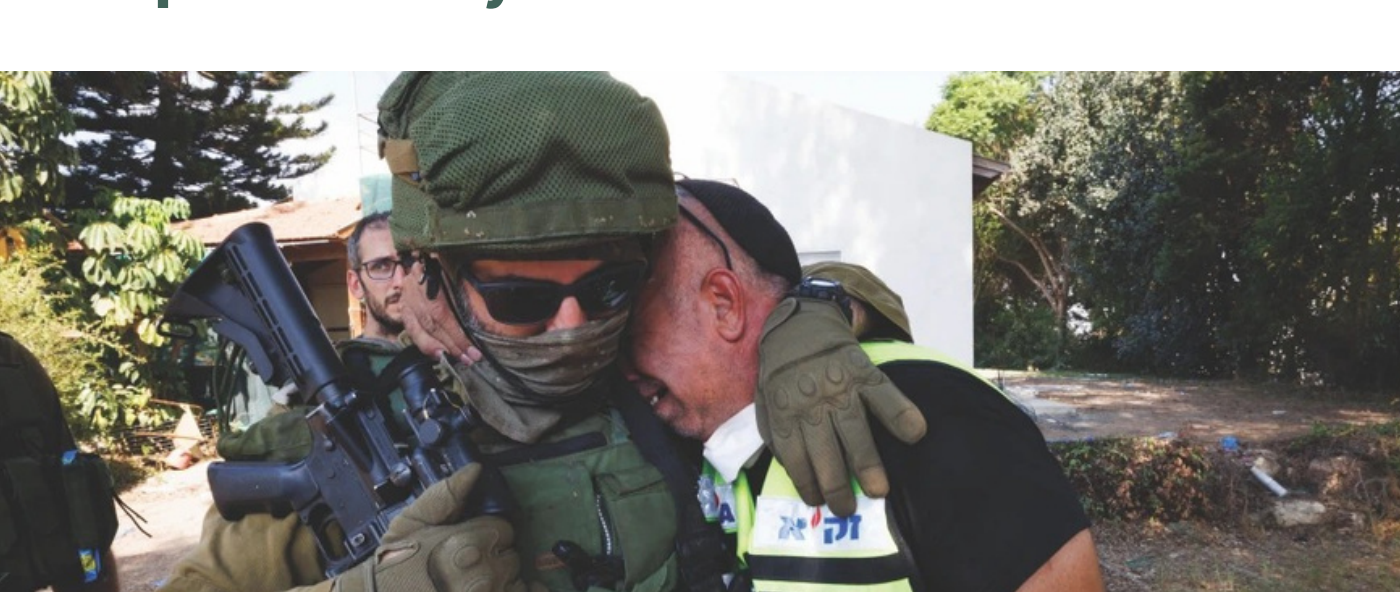
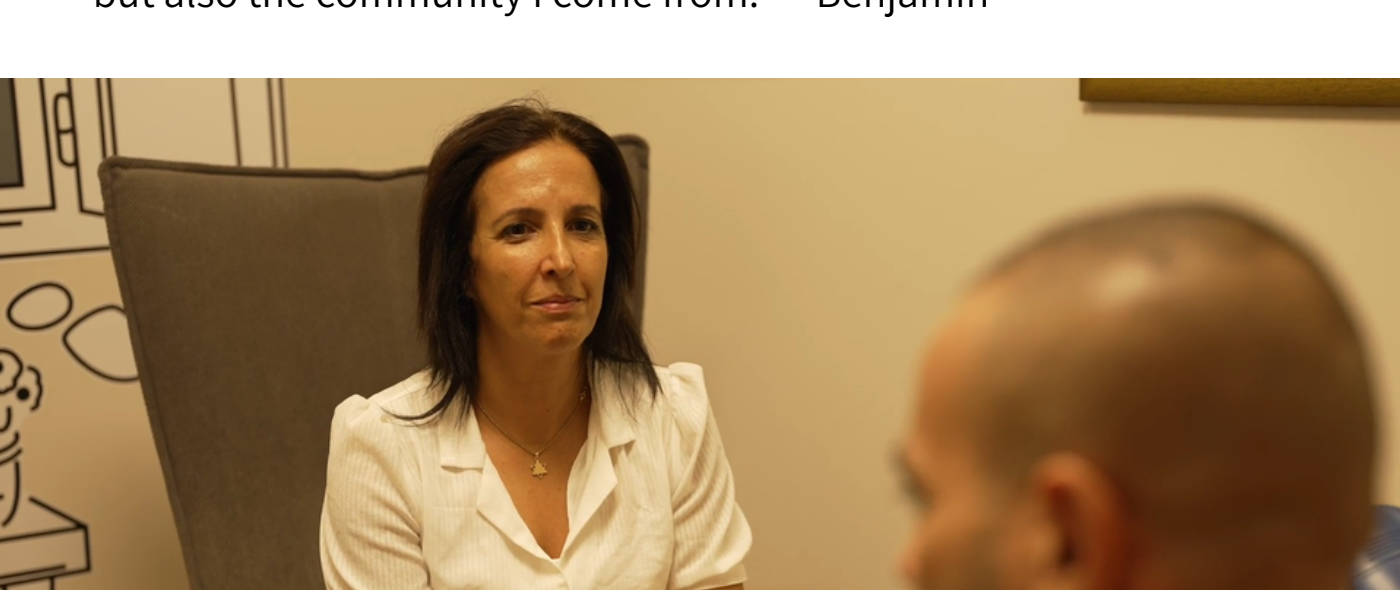


Photo: Ziv Koren

5. Caring for first responders and emergency medical staff

"After the horrors I saw, I know I can't cope alone, my Rabbi encouraged me to turn to NATAL. It's important to me that the therapist has a religious background, like me. I feel supported in knowing my therapist understands not only what I went through, but also the community I come from." – Benjamin



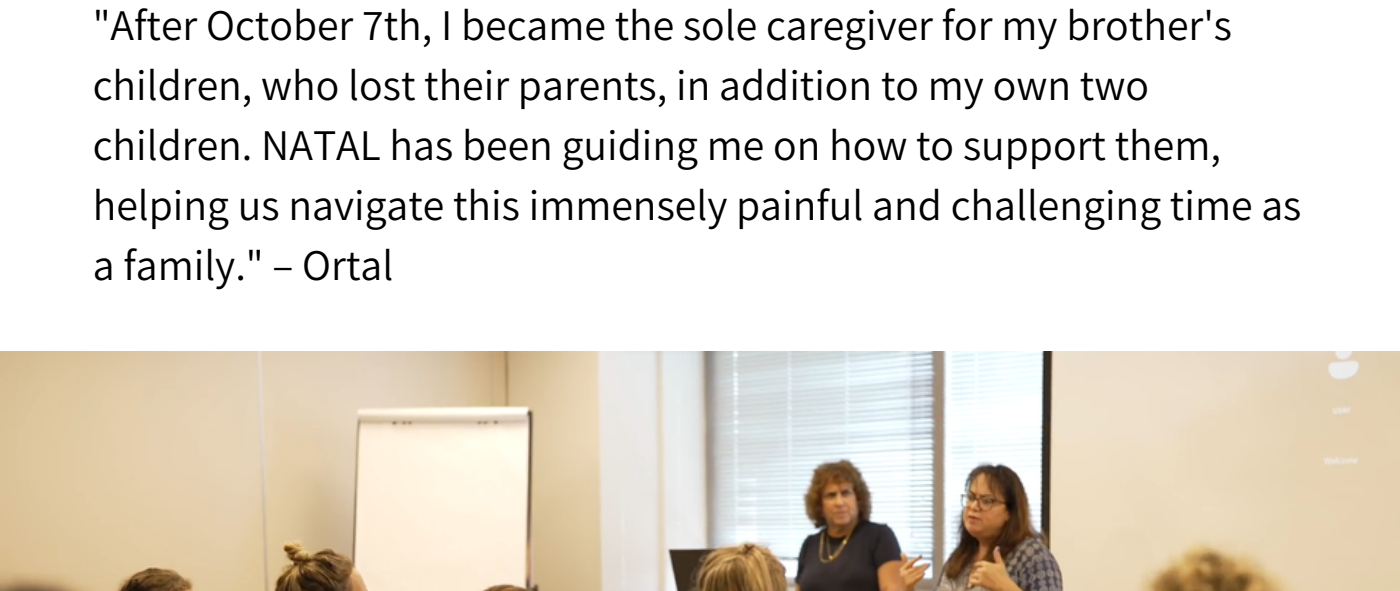
6. Providing ongoing support for NATAL's existing patients with PTSD re-triggered after Oct. 7

"I found myself reliving past traumas from Operation Protective Edge (2014). Thanks to NATAL, I feel a sense of growth, I was able to rebuild trust in my team and commanders. Thank you for being available for me 24/7, even as I'm on the front lines." - Asaf



7. Empowering parents with resiliency tools to help support their children

"After October 7th, I became the sole caregiver for my brother's children, who lost their parents, in addition to my own two children. NATAL has been guiding me on how to support them, helping us navigate this immensely painful and challenging time as a family." – Ortal



8. Facilitating workshops in trauma-informed stress management for employees at their places of work

**"Though the night is cold and dark,
In our soul, there lies a spark.
Each of us is one small light,
All together, we shine bright."**