

ELEM's Work During the Sword of Iron War

Introducing: The Breathing Spaces



On October 7th, Israel lost 1,400 lives, and ELEM lost four beloved volunteers.

By October 9th, we already had two *Breathing Spaces* up and running to provide immediate aid.

By November 27th, 16 spaces in 10 different locations were operational.

What are the Breathing Spaces?

ELEM, always innovative and quick to adapt, realized where we're needed the most in the immediate aftermath of October 7th is on the ground.

We've bolstered our staff and volunteers and sent them to towns hosting displaced families, including families from the Gaza Envelope (the area surrounding the Gaza border), and Northern Israel.

Our vans arrive, set up shop, and offer mental health support in an informal setting. Young people

who survived the massacre at the Nova Outdoor Rave Festival and youth who've witnessed family members and friends being murdered or kidnapped - they all come to us.

Many don't want to talk about what they've witnessed and prefer to play board games, have snacks and talk about their pets and hobbies. This builds trust and helps youth open up later on.

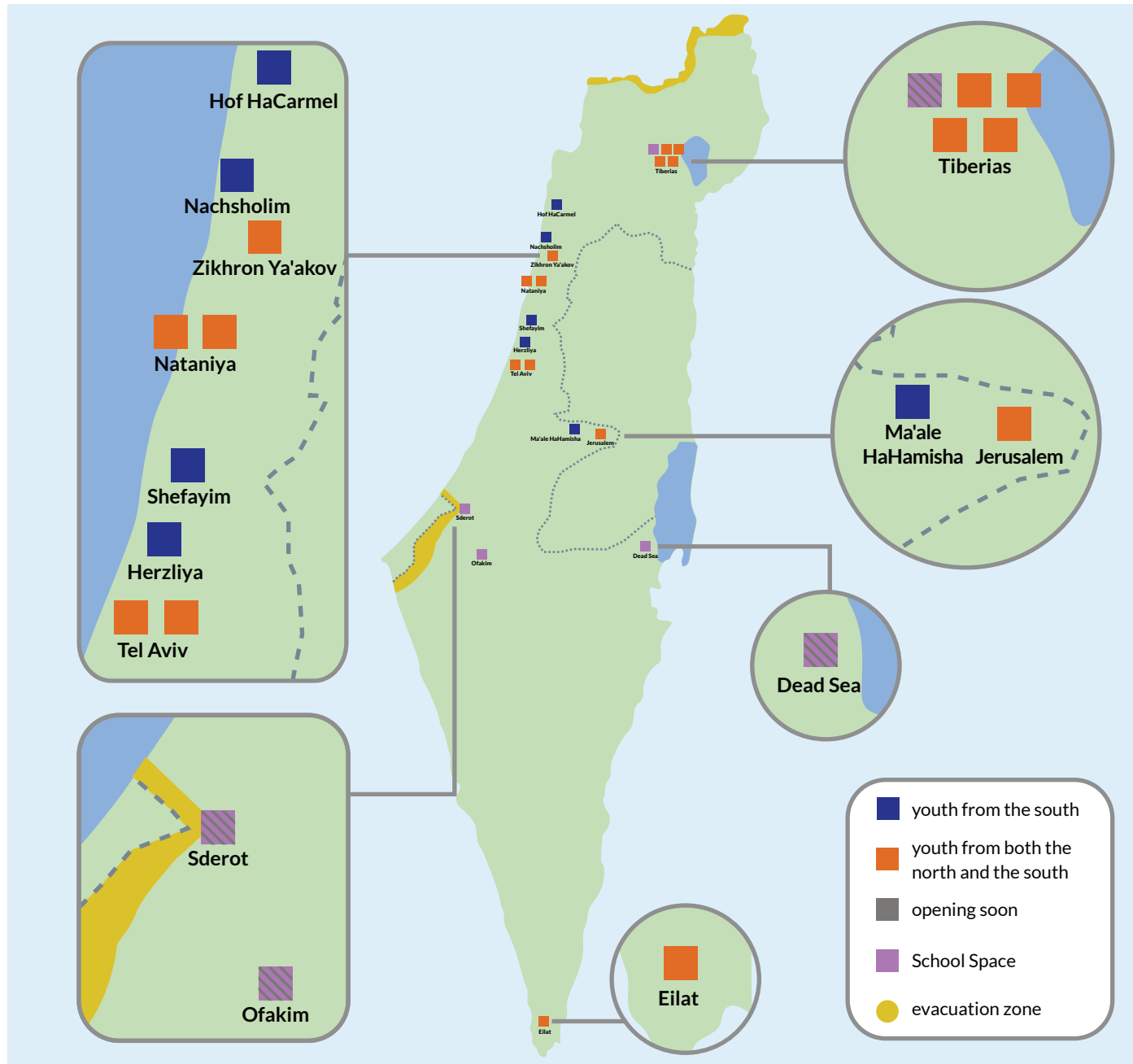
You should teach everyone how to talk to us. You talk to us about life in general and don't immediately dig into issues that are too heavy... and you know when is the right time to ask the right questions, and it feels like we can talk to you about anything...

- A displaced youth in one of our *Breathing Spaces*

The initial success of the first two spaces led to collaboration with the Ministry of Welfare to open more spaces. ELEM's services are in high demand. We aspire not only to open additional spaces, but also to launch them at schools.

We know that the mental health and trauma crisis we're dealing with will last for a very long time. We want ELEM counselors to be at schools attended by displaced youth to support them in an informal, welcoming space as they try to return to a version of a normal life.

Here is a breakdown of our *Breathing Spaces*.



Please support our emergency campaign so we can assist the significant number of struggling displaced youth while we maintain our regular programs.

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