

OneFamily creates a custom-tailored therapeutic plan for each Terror Victim in our “Family,” because we all heal in different ways. There are no uniform, “set” steps to emotional recovery. We honor and evaluate every individual’s specific circumstances and needs, and create a program best suited for them. **Programs are designed by psychologists, psychiatrists, grief and trauma specialists.**

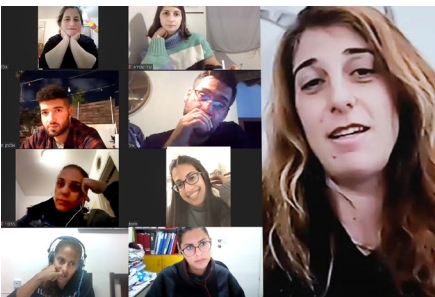
In some cases, special programs and projects are designed by the victims themselves.

ONEFAMILY YOM HAZIKARON *Ceremony*

Years ago, a group of young terror survivors desired to have a Yom Hazikaron ceremony together at OneFamily because they wanted to be with others who would understand their pain. They didn’t want to join the multitude of ceremonies around Israel on that day. **OneFamily is where those young victims felt safest to honor their lost loved ones and experience the pain of their loss on that day.** A ceremony for this group of children was created by our staff, and it has now morphed into a huge annual memorial for all terror victims, young and old, which is streamed online so our international community of supporters may join in.



This year, the ceremony will take place on April 13th, at 8pm in Israel (1pm EDT, 11am PDT) and will be livestreamed on YouTube and Facebook. Please email Elianna if you would like the link emailed to you: Elianna@onefamilyfund.org



Merav sharing her vision with participants.

BUILDING A *Dream*

Our newest initiative, **Building a Dream**, is the vision of another victim, a bereaved sister named Merav. Merav came to realize through her own grief, that bereavement takes a long term/ permanent toll on the victims’ very core. Terror victims’ capacity to have confidence in themselves is deeply damaged, and the resulting emotional instability wreaks havoc on relationships, family and careers. Dreams and aspirations are shattered by the victims’ own incapacity to hold good thoughts, and to persist towards a goal. The **“Build a Dream” program** is a therapeutic life-coaching program which offers 150 participants (ages 18-35) the opportunity to dream a dream. The outcomes will include the building of self-esteem and movement towards a life of self-actualization. OneFamily Psychologists and other specialized professionals will coach each participant individually and within a group setting, to dream their dreams, and create a realistic plan for future success.



Yuval Abramovitch inspiring victims to dream their dreams.

This year-long program launched on January 13th, 2021, when Yuval Abramovitch, a victim of paralysis, author and motivational speaker, encouraged OneFamily victims of terror to overcome their challenges and follow their dreams.

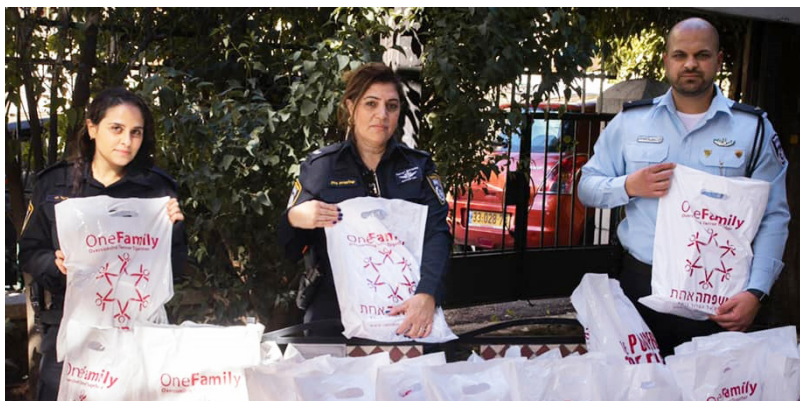


Please remember OneFamily’s victims in your Maot Chitim contributions.



HEALING THROUGH *Giving*

Years ago, Israeli Police staff Sgt. Maj. Shlomit was standing outside of Hillel Cafe when a Palestinian Terrorist blew it up. Seven Israelis were killed, and 57 were wounded. After some shouting and a huge explosion, Shlomit found herself flattened on the pavement, wondering who would raise her children for her. **OneFamily stood by her side during her rehabilitation, and she recalls being surprised when we delivered mishloach manot during that time.** This year, Shlomit helped OneFamily by mobilizing the police force to deliver mishloach manot all over the country. While her physical wounds healed long ago, she is actively healing her emotional trauma by giving back today, and warming the hearts of those to whom she has personally delivered packages. OneFamily is cheering for Shlomit, and sending love to everyone.



Israeli police join with OneFamily to deliver Mishloach Manot to victims of terror all over the country.

SOUNDTRACK OF *Life*

When Avishai was a very young boy, his father was killed while serving in the IDF. Today, **as a way of giving back, Avishai wants to help younger victims of terror to find their own healing** at OneFamily. His dream is to build a recording studio with instruments, so that young victims can create music to express their feelings and document their journey towards healing. Music is a powerful form of therapy for many. Ultimately, Avishai envisions victims of terror using this music room to create the **“Soundtrack of Life,”** recordings for memorials and joyous milestones. Donate generously to build the Soundtrack of Life studio, thereby helping victims turn the “sound of silence” into songs full of life.



Bereaved Youth Heal Through Music.

COMING FULL *Circle*

Many of you may remember Avigdor and Ayelet, who met in a OneFamily support group for bereaved victims who lost their parents to terror. **They fell in love and decided to marry each other with no parents at their sides during the chuppah.**



The fabulous update is that they have just given birth to their first child, a healthy baby boy, named Be'er David. In Hebrew be'er means well, the kind that our forefathers drank from,

and where they met their soulmates. David was Avigdor's father's name. The enemies of Avraham destroyed the wells that he had dug, and his son Yitzhak redug the exact same wells. The underlying message in the baby's name is that Avigdor and Ayelet carry on the belief and lifestyle of their parents, even though their enemies cut their lives short. Life continues... **and may their family flourish. We wish them a heartfelt mazal tov!**