

Please consider **OneFamily** as a **beneficiary** for your retirement account, DAF, or insurance policy. Together, we can accomplish anything!

OneNation, OneFamily

Dear Friends,

2022 was the deadliest year for terror attacks that Israel has seen since 2008!

We hoped that we left the surge of violence in 2022, but the beginning of 2023 has been tragically filled with murders and severe injuries. Our heartbreak translates into our daily toils and lifelong work. OneFamily attends funerals, visits shiva homes, and cares for the wounded in hospital beds. But our work doesn't stop there, because we develop lifelong relationships with victims and become their new family.

That is when our real work starts. Our caseworkers assess the total family needs after an attack in order to give each member of the family exactly the type of therapy that will be truly beneficial to them. We have programs for mothers, fathers, children of all ages, and young adults. OneFamily serves soldiers and civilians. **We aim to comfort each member of the family so that they have space to grieve, and a community to help them re-establish their emotional well-being.**

When we arrive at a shiva home and see a family living in abject poverty, we arrange for financial assistance in addition to therapy for the parents and children. We can set up job retraining, along with individual and family counseling. OneFamily has specialists who help

families apply for all of the government assistance to which they are entitled, and then we give them what they need beyond that.

Healing and Emotional well-being is at the heart of our work. Everyone heals differently. PTSD is much harder to heal than the physical wounds, so we offer a wide variety of trauma therapies and are constantly looking into new options. Join us in our mission to heal Israel's terror victims by donating today. Please consider doubling your last donation or making recurring donations to ensure that this vital work continues. Transferring appreciated stock is often a win-win; so is donating directly from your retirement account. Call the office if you have any questions about these tax saving transfers, or to create a meaningful Legacy Gift.

We pray for a time when OneFamily is no longer needed. Until then, let's do this together, for as long as we're needed.

We wish you and your family a happy and healthy Passover,

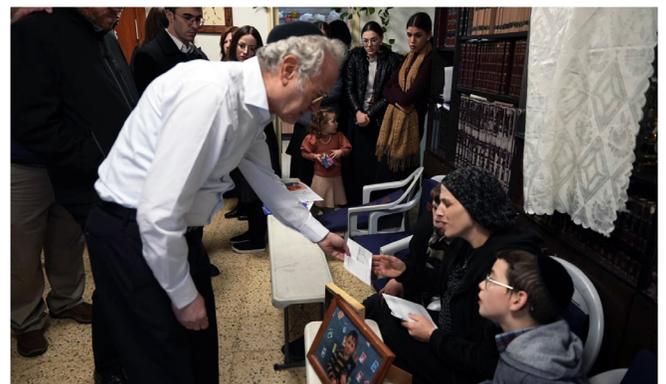


Marc Belzberg
Chairman, OneFamily



Platinum
Transparency
2023

Candid.



Marc Belzberg handing a check to Devora Paley, who buried two young sons in February

One Victim's Story

Aaron's* family made aliya in the 90's from Ethiopia. He grew up in Neve Ya'akov and when he was old enough, he served as a fighter in the patrol battalion in the Golani Brigade. He fell during "Tzuk Eitan" in July of 2014, at the age of 20 and was posthumously promoted to the rank of First Sergeant. He left behind his parents and seven siblings. As OneFamily got to know this family, we understood that they had trouble assimilating, finding work, and earning a living.

OneFamily Coordinators assessed the situation and had the huge job of accompanying the family to find a new home, buy new furniture, and attend new schools. They oversaw each part of their rehabilitation to ensure improved emotional well-being by every member of the family. Each bereaved sibling was given a big brother/sister, and they were all invited to our therapeutic youth camps, and received academic support. The young adults were invited into the Build a Dream Program, giving them tools to reach their emotional goals, as well as their business dreams.

A Second Generation

Rachel's* mother was killed in a terror attack when Rachel was eleven years old. OneFamily has been by her side ever since that day, many years ago. We counseled her through the acute grieving process that first year, through her bat mitzvah, and through her teenage years. We were thrilled when Rachel got married in her early twenties. It was such joy to see her in a healthy, happy place.

However, after having children, Rachel had another bout of issues because...How does one "mother" children when one can't really remember much about her own mother? OneFamily is STILL there for Rachel, and her growing family, every step of the way... just like family.

Our Play Therapy Program is run by an amazing therapist named Atara, who treats about 20 young children per year. She treats victims for whom conventional treatment is less suitable, or if it has not helped the family in the past. Play therapy is meant to teach young children to express feelings with improved communication skills and to improve problem solving skills through a creative cognitive experience, which is therapeutic in nature. When warranted, Atara includes parents in the treatment in order to teach them improved parenting skills. This was appropriate in Rachel's* situation.

Rachel had trouble expressing her love for her children, since she couldn't remember how her own mother had shown her love. She had difficulty dealing with their tantrums, too. Rachel developed excessive nervousness, anxiety and fears around raising her children. This affected Rachel's children's behavior, as they threw many tantrums, they showed a lack of warmth, insecure attachment, difficulty in social settings as well as educational difficulties.



This highlights how a second generation of people are affected by terror.

Atara treated Rachel AND her two children weekly for a year and a half, during which time they all made strides towards a healthier emotional life together. Rachel gained confidence in being a mother, despite not having her own mother as a role model, and she learned how to act like a mother naturally, with the new tools that she learned from Atara's play therapy sessions. Rachel's children learned how to express themselves with improved communication skills, which significantly decreased the number and duration of tantrums. Over time, the kids developed coping strategies, a desire to receive love and warmth, they calmed down, and became successful in school. **Play Therapy actually turned their lives around, and this success story is only one of many.**

OneFamily stands with Rachel, a victim of a terrible loss, and we will stand with her throughout her journey. We do this for all of Israel's terror victims.

We are so pleased to have helped this family greatly improve the quality of their lives. This comprehensive approach is what we do for all of our victims, and about 50% of our families are from the IDF. OneFamily rehabilitates with love and care.

Please join our family.



Send a Gesture of Love certificate for any occasion for \$54.
Email USoffice@OneFamilyFundUS.org with your customizations.



Tom Fried

Tom Fried lost his family in the attack at the Park Hotel on the first night of Passover, March 27, 2002. His parents Andrey Stefan and Edith Anne-Marie Fried, as well as his grandmother Anna Yakobovitch and her husband George, were murdered at the Seder in this gruesome attack. His other grandmother, Elisabeth Bein, was also present and injured that night. Sadly, she died from her injuries seven months later. 16-year-old Tom and his 21-year-old sister Shirley were on their way to the Seder at the hotel, but because they were running a few minutes late, their lives were saved.

A few minutes after the horrific explosion, Tom arrived in the dining room - the scene of the attack - and said that he recognized his mother by her hand and watch, and by a part of her head that had hair, and this is how he continued to identify his family members. The horror and trauma were overwhelming.

Subsequently, Tom moved in with his Uncle Peter, but two years later, Peter committed suicide. The weight of it all was too much for him to bear. After that, Tom moved in with Shirley and her husband for a short time, before going out on his own.

Fast forward to today, Tom is 37 years old, happily married to a wonderful woman, and has six children. He has been strong and proud and hardworking, though life has not been easy for him. His oldest three children were born disabled, and the three youngest aren't old enough yet to know if they will have the same issues (six children born in seven years). Tom's



Tom and Tamara Fried

desire was to have a large family to replace the one murdered at the Seder in the Park Hotel. **Each baby carries the name of one of his deceased relatives.**

Tom is a terror survivor with heroic strength. It wasn't until this year that Tom feels and acknowledges the crushing weight of the trauma that he experienced. We welcomed him into our therapeutic community and programs, and we have found a generous sponsor for Tom schooling. **We would like to find several families to "adopt" this HERO'S family this year.** His children desperately need costly medical tests and treatments (totalling nearly \$30,000, annually). Let's donate enough to give Tom and his family a joyous seder this year, and a bright future ahead. We're ALL One Family.

Remembering ^{ז"ל} Linda Gail Kaplan



"Kol Israel arevim zeh bazeh. All of Israel are responsible for one another." Linda Gail Kaplan, talented linguist and teacher, beloved mother and devoted wife, also cherished her Israeli 'family', and no one more than those in OneFamily. An ardent Zionist, a skillful defender of Israel and Jewish peoplehood, Linda understood that those living in Israel were on the frontlines for all Jews, and bore the responsibility and joy, and at times, the dreadful consequences of such a life. A friend to so many, Linda touched numerous lives with her passion, warmth, insight, humor and wisdom—her caring. The family in OneFamily, those whose lives were disrupted and shattered by unimaginable and egregious terror, became a focus of

her attention, understanding and compassion. As a long time supporter of OneFamily, Linda would certainly be proud and moved by the **Linda Gail Kaplan ז"ל Simcha Fund**, to support the birthdays, Bar/Bat Mitzvahs and weddings of those orphaned, so they could feel her love and laughter and perhaps pause their grief and loneliness that they did not ask for and did not deserve. Our family, husband, Jeffrey, children, Kirkland and Morganne, and their spouses Kelly and James, hope that these victims and survivors can draw strength and peace as we do from this inscription.

*She is a tree of life to those who grasp her,
And whoever holds on to her is happy.*

Proverbs 3:18

Empty Seat at the Table

OneFamily will be co-hosting communal Seders with Nava for widows, orphans, and bereaved parents who are terror victims in the South of Israel for the first days of Passover. **The three day retreat will be held in a hotel, accompanied by mental health professionals, led by spiritual leaders, and meant to help those families feel embraced by a supportive and loving community on Passover.** Staying home and staring at an empty seat is devastating, especially when we should be joyously celebrating a holiday, but instead grieving the loss of a loved one. OneFamily will invite 250 widows, orphans, and bereaved parents and introduce them to peers in a similar situation in a safe environment meant to be healing and festive. Our aim is to return joy into their lives, along with the establishment of a supportive community of peers who they will have in their lives going forward. A strong connection with their community is priceless for the journey of healing, as we have learned. Some of those attending will be the newest bereaved victims from the attacks in Jerusalem in 2023. Please help enhance the Passover celebration of terror victims, who are now widows and orphans, by donating generously today.



Save
the
Dates

OneFamily Hike. Return to the Negev.
October 15-19, 2023

To add your names to the 2023 Hike email list today and to be kept informed, please email hike@onefamilyfund.ca or call 1-416-489-9687.

Formal Application/Registration and ZOOM information session COMING SOON.

Commemorate Yom HaZikaron
OneFamily together with Mizrachi Olami

Monday, April 24, 7:30 pm

Join us for a moving Yom HaZikaron tekes (ceremony), featuring prominent mothers of fallen soldiers and victims of terror at Binyanei Hauma

Tuesday, April 25

Guided Yom HaZikaron tours at Har Herzl
Special visits to bereaved families
Please email us for more information.