



HEALING THE WAVES: HOW ISRAEL'S TRAUMA SURVIVORS ARE REBUILDING RESILIENCE

SHABBAT MORNING

JANUARY 17, 2026

10:20 - 10:40 AM

**SPECIAL GUEST SPEAKER:
RACHEL KAPLAN
HAGAL SHELI (MY WAVE), ISRAEL**

HAGAL SHELI ("MY WAVE") IS AN ISRAELI NONPROFIT USING SURF THERAPY AS A CLINICALLY SUPPORTED INTERVENTION TO HELP PEOPLE HEAL FROM TRAUMA FOLLOWING OCTOBER 7 AND THE ONGOING WAR. THEIR PROGRAMS REDUCE PTSD SYMPTOMS, REBUILD EMOTIONAL RESILIENCE, AND RESTORE HOPE — EVEN WHEN ACCESS TO TRADITIONAL MENTAL HEALTH SERVICES IS DELAYED.

 **WHY YOU SHOULD COME**

HEAR FIRSTHAND STORIES OF COURAGE, RECOVERY, AND HOW THE POWER OF INNOVATIVE HEALING IN ISRAEL IS CHANGING LIVES RIGHT NOW

ALL ARE WELCOME! PLEASE BRING YOUR FRIENDS!

NO RSVP REQUIRED

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