

# Israel Mitzvah Horses

## Newsletter

### Rosh Hashana 2018

Dear Friends,

With Rosh Hashana just around the corner, we are delighted to share with you our Newsletter for 5779, below. Thanks to your generosity we could expand our activities, allowing more people to benefit from EATT\*.

\*EATT – Equine Assisted Activities and Therapy

#### **New project 2018, PTSD\* Program with IDF veterans**

\*PTSD – Post Traumatic Stress Syndrome



Thanks to the generous contributions of **Mrs. Shelly Katzman** and of our **friends from France**, we are happy to announce the opening of the program for the rehabilitation of **IDF veterans** suffering from **PTSD**.

**Mrs. Shelly Katzman** – passionate about horses and ethology, **Mrs. Katzman** is the happy owner of Knight, a beautiful rescued horse. She rides regularly both in the United States and Israel. Beyond her generous contribution, Shelly takes an active part in the management of the PTSD project and contributes with her time and experience to the development of I.M.H.

**Friends from France** - we would like to thank **Mrs. and Mr. Martine and Marc Weill** from Levallois who, once again, organized a warm and nice evening for the benefit of I.M.H. For me, it was also an opportunity to meet old friends and acquaintances and share with them my passion for Horses and Human bond. We gratefully thank them for supporting I.M.H.

The PTSD program for veterans takes place at the Intra Bnei Zion Therapeutic Riding Center. It is directed by **Dr. Anita Shkedi**, a worldwide known expert in the field of Horse Therapy.

Read more about the program by clicking:

<https://www.mitzvahhorses.org.il/how-you-can-help/healing-veterans-with-ptsd/>

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Non profit organization - Registered number 58-058-8523 (ג"ר)

## Special Programs for the Summer Holliday

**Not every family can afford summer activities for their children. This is a period of increased risks and increase of social gaps.**

### **Activities with horses for neglected children under the regular support of **NEGBA****

Thanks to the generous contribution of our chairperson, **Mrs. Brigitte Bigar**, fifteen children at risk from Beer Sheva could benefit from a special EAAT Program at the "Perach Bakramim" Ranch in Kibbutz Kramim.

All the children are under the support and supervision of **Negba**, an N.P Organization founded by **Mr. Claude Meyer's** (ל"ט).

The children were able to come to the kibbutz during July and meet with the horses for an empowering experience. You are invited to read more information about **Mrs. Bigar** in our web-site: <https://www.mitzvahorses.org.il/about-imh/>

\*I.M.H – Israel Mitzvah Horses

### **Youth at Risk Program at Epona Stables, in Sde Warburg**

Empowered by their experience, most of the youth were able to find a summer-job in riding centers. The youngest's joined local team to volunteer, ride and take care about horses. This first step toward a normative life gave them a great filling of change and accomplishment.

It has been reported to us by the Institution that, during summer time, at least, 70% of them reconnected with their family. They could finally sit around the "Shabbat table" with pride. They too can now tell their families about their new skills and their dreams for the future.



### **Program for children with autism at Nir David Riding center**

At the request of parents of autistic children from Dror School (Kibbutz Messilot), we continued our activity at the Nir David Riding Center throughout July. The children were able to benefit from EAAT during part of the holidays. Because of the heat, we had to start earlier in the morning and reduce the time on the horse but we all enjoyed very much.

We thank again **Mrs. Brigitte Bigar** for making an additional donation to allow this activity.



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## New program to be started

Following a strong and increasing demand, we would like to start, as soon as possible, a new program for **young people with autism**. This program will be **in addition to that of Nir David** but this time **in the center of the country**. Unfortunately, we lack the funds to start.

We would be grateful if you would consider helping us starting this program and communicating the information to your friends and contacts.

To send a contribution to this program or for any further information, please contact me directly through email: [l.ikan0212@gmail.com](mailto:l.ikan0212@gmail.com) or by phone: +972 – (0)52 4678782



On behalf of Israel Mitzvah Horses' board,  
We wish you a Healthy, Happy and Prosperous year!

Shanna Tova Gmar Hatima Tova

שנה טובה וגמר חתימה טובה



Sincerely yours,

Laurence Weill Ikan.

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