AFIKIM
2018: The Year That Was ...

Established over a decade ago, in memory of Tova and Shamai Hanel z”l, the Afikim Family Enrichment Association continues to serve a vital role within Israeli society. With increasing numbers of children being considered at risk of neglect or abuse, Afikim’s primary aim is to catch these children and their families, and address their needs, before they fall between the cracks entirely. In 2018, Afikim’s afternoon enrichment centers reached a record number of over 500 children ensuring their educational, nutritional and recreational needs were met. Through educational support, enrichment programs, parent workshops and more, Afikim is helping these children fulfill their dreams of a better future.

BREAKING THE CYCLE OF POVERTY – CHILD BY CHILD

With 1 in every 3 Israeli children living in poverty or being at-risk, the need for Afikim’s range of interventions is more pressing than ever. Community and municipal social workers identify children from troubled or impoverished homes and refer them to Afikim. **For many Afikim is the final stop, the last hope before being removed from their home due to neglect or abuse.** Afikim children hail from single parent families, dysfunctional families due to mental or physical illness, asylum seekers and families where one or more parents are incarcerated, unemployed, sick or absent. These children are in desperate need of the therapeutic, educational and enrichment assistance that Afikim offers.

**Personal success is the soul of Afikim.** Afikim’s staff builds an individual track for each child made up of educational programs and enrichment activities. Programs take place in Afikim’s enrichment centers and in schools across the country. Recognizing the important role of the family unit in the child’s success, Afikim also works intensively with parents thus serving as a safety net for the entire family. As each child progresses their grades improve and their confidence soars. Eventually, feelings of pride and success replace the painful cycle of failure in their lives.

THE UNIQUE AFIKIM APPROACH

- **Always view the child in the context of the entire family**
- **Maintain open channels of communication between the school, the family and Afikim staff**
- **Three-way triangle between the school, the family and Afikim, with the child at the center**
- **Holistic approach working with parents and children**

“Children are not only the adults of the future, they are people of the present”

Reuven Rivlin, President of the State of Israel

AFIKIM 2018 STATS

- **330 Elementary school children**
- **124 Junior high school children**
- **110 High school children**
- **564 Total children across the country**
- **14 After-school enrichment centers**
- **16 Afikim graduates in the Afikei Shachar academic scholarship and mentoring program**
- **14 Parent empowerment centers**
- **67 Afikim professionals**
- **110 Afikim long-term volunteers**
AFIKIM – A SNAPSHOT OF PROGRAMS

ENRICHMENT PROGRAMS...

- **Swimming Lessons** - promoting water safety, exercise, self-esteem
- **Project Equalizer** - social-educational-sports tournaments
- **Broadening Horizons** - Enrichment programs at the Israel Museum and Jerusalem’s Nature Museum
- **Life Skills Workshops** - empower children with problem solving skills
- **Master Chef** - cooking classes and healthy eating workshops
- **Mindfulness** - programs to help children achieve tranquility, decrease anxiety and to promote happiness
- **Self-Defense** - role-play / discussions promote safety, conflict resolution skills and empowerment
- **Bar/Bat Mitzvah** - lessons, synagogue event, party, clothes, tefillin, siddur
- **Music and Dance** – guitar, drums, piano, dance lessons - promote self-confidence and physical awareness
- **Multi-media** – workshops in media, communications, marketing and film

ACADEMIC PROGRAMS...

- **Personalized tutoring** - in math, English, and Hebrew - offers children a strong academic foundation, self-pride and a true head start in life
- **Afikei Shachar** - guidance through the university application process, living stipends, subsidies for entrance exams and psychometric courses in return for voluntary work with Afikim children
- **English Enrichment** - fun, exciting English activities with young volunteers
- **Computer Labs** - in Afikim Centers for homework, exam preparation, and courses in graphics and programming.

RAISING THE BAR IN SCHOOL

Programs within the formal school system meet children’s needs in real time, and improve behavior, grades and engagement levels:
- **Liaisons** - ensure continuum between formal school lessons and after school programs
- **Empowerment Teachers** - offer one-on-one assistance in the classroom
- **Closing the Gap** - Remedial teaching - evaluations and personalized learning programs save children from illiteracy
- **Homework Assistance** – with volunteers
- **Advocators** - liaise with the school on behalf of children in lieu of their parents.
- **School Kits** - new schoolbags and supplies

THERAPEUTIC SERVICES

Emotional therapies provide means for dealing with extreme emotional distress caused by difficult home circumstances. Therapies help children develop coping skills, positive self-image and healthy avenues for expression:
- **Animal Therapy**
- **Bibliotherapy**
- **Art Therapy**
- **Horticultural Therapy**
- **Dog training Therapy**
- **Therapeutic Horseback Riding**

BASIC NEEDS SERVICES

Provision of “basic needs” that children require in order to thrive educationally and emotionally:
- **Breakfast sandwiches, hot lunches, dinners**
- **Gift cards** that allow children the chance to choose their own new clothes and shoes
- **Winter coats and boots**
- **Cleanliness and personal hygiene workshops and products**
- **Free hearing tests** - in partnership with “We Save the World”
- **Eye tests and eyeglasses**
Afikim Center in Memory of Sari Rubinstein-Mandel z”l

- New Afikim branch dedicated in Talpiot
- Children in grades 3-6 join the Afikim family
- Afikim Talpiot now offers a continuum of support for children and youth, from first grade all the way through to post-army

Writing for the Future - Ktav Yad Program

- New initiative run in partnership with Shalem College student volunteers
- Children learn writing skills, learn to think creatively, express themselves and dream big
- Together each child/volunteer pair wrote, illustrated, printed and bound a book

Outings and Trips

- Science museums and Ilan Ramon Center
- Luna Park, soccer games
- IDF Army bases
- Biblical Zoo and Camel Farm

Studio Dance - In Partnership with Gan’at

- Dance workshops in hip-hop and breakdance
- Children developed physical and mental strength
- Encouraged self-expression and creativity

Afikim B’Kef Day Camps and English Camps

- Supervised recreational activities including swimming, outings, sports, arts and crafts, and talent contests
- Yeshiva University’s Center for the Jewish Future ran an English Summer Camp for Afikim Israeli teens
- Promoted written and oral English language skills
- Kept children off the streets during the long summer break

Afikim Pay-It-Forward Volunteer Program

- Children visited hospitals, old age homes, community gardens, decorated sukkot
- Children collected food and distributed it to needy homes
MEET NAOMI: IN PURSUIT OF HER DREAMS

*Naomi’s parents grew up in a small village in rural Ethiopia. With the nearest school located miles away, and with responsibilities to bring food home to their respective families through menial jobs, neither parent had the opportunity of a formal education. Upon immigrating to Israel, with all the will in the world, this young couple lacked the necessary skills to guide their children through the Israeli school system.

Naomi joined Afikim in 5th grade. By the time she was in junior high school, she stood out from her peers with her sheer desire to succeed and to fulfil her dream of becoming a doctor. In 7th grade, Naomi approached the Afikim staff and asked for extra help in Maths and Sciences so that she could work towards matriculating with high enough grades to attend medical school. For three years Naomi had private tutoring from an Afikim volunteer, a retired medical professor from Ben Gurion University. This summer, Naomi graduated high school with honors! She completed her matriculation exams with excellence and plans to pursue her dream of medical school upon completion of her army duties. Naomi will be the first in her family to attend college.

On behalf of Naomi, and the hundreds of other children whose lives you are turning around, we want to thank you, our supporters – North American Jewish Federations, Foundations and individual donors - for your generosity. Having partners like yourselves reassures us that we are not alone as we work to offer these children the childhood that every child deserves, and the opportunities they need to help them break out of the cycle of poverty, beat the odds and pursue – and even fulfil – their dreams of a bright and successful future in Israel.

*Names changed in order to preserve confidentiality

“You are teaching our children to help when needed and to always be on the giving side. They are being re-educated to be contributing members of society.”

Parent, Afikim participant

“It is really a special feeling being able to take pride in what someone does and to hope that they succeed.”

Afikim Volunteer

*Names / quotes do not correspond to pictures.
Rachel Malada is the educational coordinator of Afikim’s enrichment centers in the Talpiot neighbourhood of Jerusalem and of the Afikei Shachar academic scholarship and mentoring program. As a community social worker, Rachel established many community oriented programs within the educational framework of the centers, including community volunteering opportunities and parenting sessions in Amharic, for local Ethiopian-Israeli parents.

An immigrant from Ethiopia herself, her understanding of the Ethiopian-Israeli culture, and the unique needs of her community enhanced her ability to make effective community-wide changes, and to ensure that the Afikim Enrichment Center was appropriately serving the local Ethiopian-Israeli community.

Motivated by a deep-routed desire to give back to her community, Rachel completed her first degree in Community Social Work with honours. She is currently studying for her master’s degree in Public Policy and Government, at the Hebrew University. In addition to her work at Afikim, Rachel is an active member of her community and has initiated several programs including a year-long program for teens focusing on healthy sexuality, and parenting workshops on topics like health care and the education system.

- **Weekly Parenting Workshops**
  empower parents to build more stable and supportive homes. Topics include financial management, vocational training, employment skills

- **Parenting Teenage girls**
  – strengthening the mother-daughter connection

- **Tweens, Teens and everything in between**
  – workshops with family social worker to help establish rules and boundaries

- **Workshops in Amharic**
  – on topics including alcohol and substance abuse, financial planning, the medical system, health issues, hygiene and nutrition

- **Opening the Door to Technology**
  – computer workshops run by Afikim graduates to promote computer literacy among parents, and to help bridge the generation gap.
Run4Afikim is the longest organized charity relay event in Israel
From Jerusalem to Eilat covering 370km
Annual charity run, launched in 2013 with just 13 runners
With over 60 runners, 2019 is the largest group yet
Raises awareness and support for Afikim’s important work
Fundraising goal of $250,000
Money raised enables Afikim to carry out its vital mission
All donations are tax deductible in Israel, US, France and England
**Good Luck to our 2019 runners!!**

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**With Special Thanks to Our Donors and Partners, Including:**

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