



Etgarim program for youth at risk in Sderot

One of the most important values of the Jewish community is that of Tzedakah. Though many people translate the word Tzedakah as "charity," the word actually comes from the Hebrew root for "justice." When we give or do Tzedakah, we are making the world a more just place.

We are proud to present you with two Tzedakah options to help those who need your support the most: the children of Israel. These are important projects where you can make a real difference, demonstrating your commitment to the Jewish community and your dedication to Israel.

The security situation in Sderot is unlike that in other areas of Israel; it is a community that is under constant, unyielding fire. In times of crisis such as these, everyone suffers – but vulnerable populations, already in more sensitive positions, are even more at risk of a rapid, uncontrollable downward spiral. At-risk youth from Sderot are especially in need of extra support and assistance, both in order to deal with the unnatural daily stresses and tensions, and in order to live as normal a life as possible in a community under duress.

The children of Sderot have no where safe to spend their leisure time – **they cannot play outside or at outdoor playgrounds because being outside presents too serious a security risk.** Not only do local security warnings forbid spending leisure time outside, the majority of parents and children are afraid to be outside any longer than absolutely necessary.

Fortunately, the city has learned to adapt a number of services to the security needs of the city, such that it is able to provide necessary leisure and recreational activities to local families and youth without compromising their security. The "Etgarim" program engages children and youth in extreme sports that will challenge them assume personal and group responsibility and raise their self-esteem. Participants in Etgarim activities learn teamwork, team-building skills, cooperation, and develop their personal self-esteem. In addition, they are able to keep their minds off of the security situation, reduce tension and stress through physical activities, socialize with their peers, and develop their physical fitness. The activities take place both within elementary schools as well as in after school enrichment programs.

Your contribution will enable Etgarim to provide a life changing service for over 200 at risk youth on a weekly basis at cost of CAD 50,000 per year.