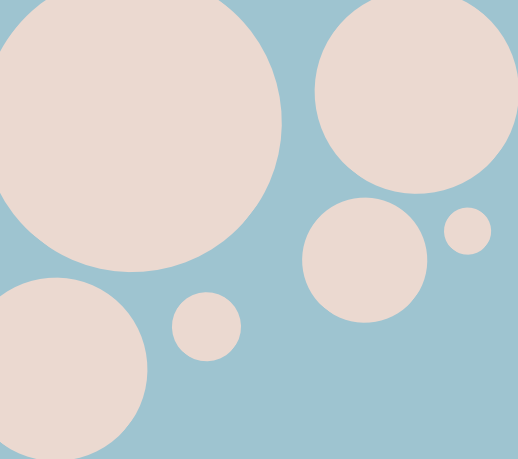
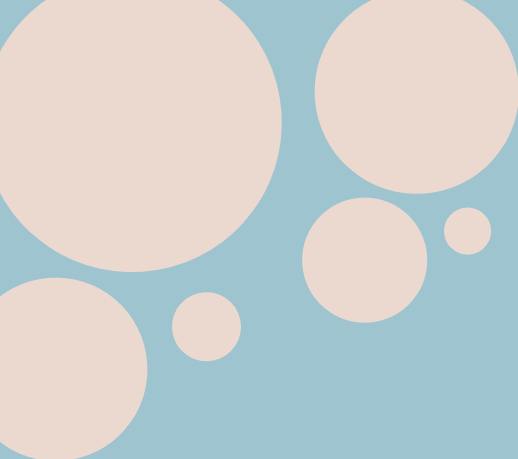




3

Things to
Know about
Grief &
Resilience

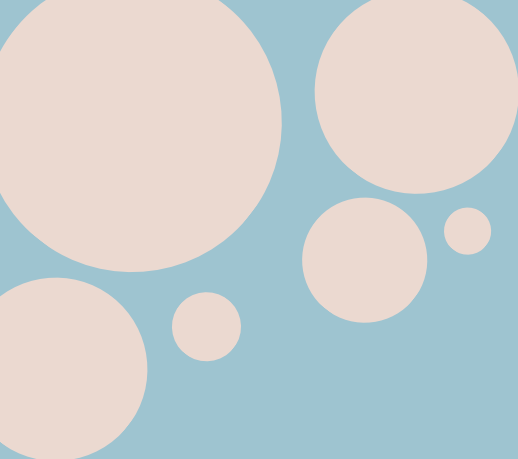


1

Grief looks different across communities.

**For Israelis, grief can carry the
weight of trauma and loss.**

**For Jews in the Diaspora, grief
often intertwines with solidarity,
advocacy, and the emotional toll
of rising antisemitism.**

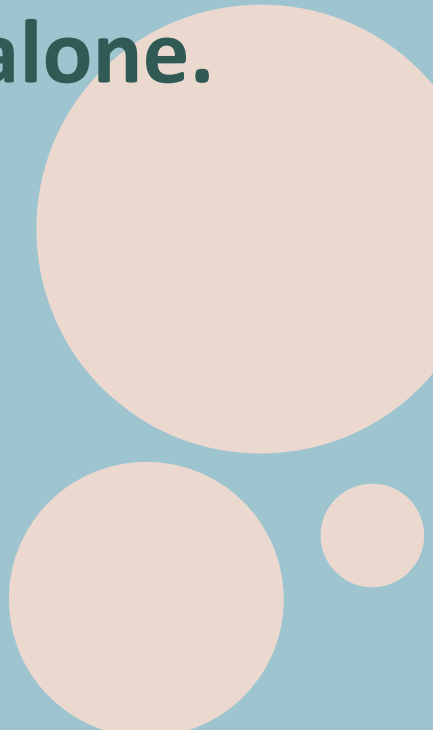


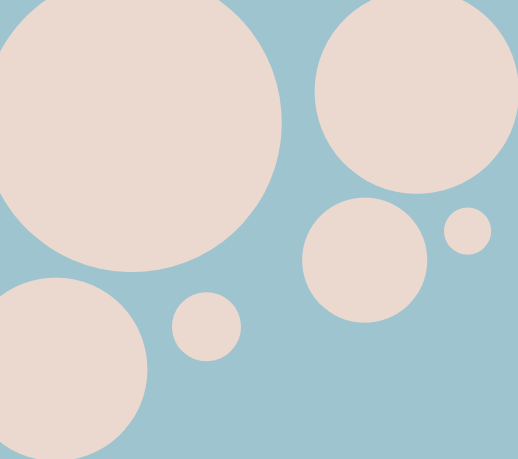
2

Resilience is built together.

**Healing isn't only individual -
it's communal.**

**Jewish identity, advocacy, and connection
to Israel can all be sources of strength when
we feel like we're carrying too much alone.**

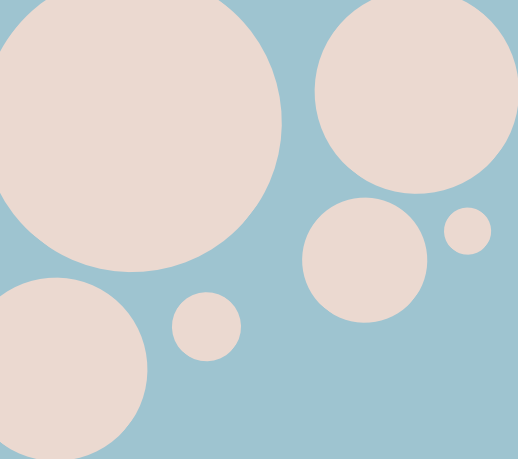




3

Hope is found in the next generation.

From young professionals navigating
advocacy to children forming their
Jewish identities, resilience today
shapes the strength of tomorrow.



American Friends of NATAL is dedicated to supporting and strengthening NATAL's life-changing work, providing critical assistance to Israelis coping from trauma, primarily caused by terrorism and war.

In the U.S., AFN builds awareness, fosters partnerships, and unites a community of supporters committed to ensuring the resilience, health, and well-being of Israel—now and for generations to come.



www.afnatal.org

