

# Letter to Friends:

A Message from Ometz



Dear Friends,

We are excited to share these spring highlights with you, and we hope that no matter what you have planned for this summer, you are able to spend some time relaxing and recharging.

## Helping Israeli and Ukrainian newcomers find respite during war



Since the Israel-Hamas war began, we have helped over **90 Israelis** who are here for temporary respite. This is in addition to welcoming **over 300 Jewish Ukrainians** since March 2022. Both of these populations require urgent,

extensive assistance, having left their homes under duress and without time to plan. We are helping the newcomers with everything from housing and employment to navigating government services, psychosocial support and social activities (such as our recent Lag BaOmer outing to Project PACE for an interactive farm tour). Most importantly, just as we do for all our clients, Ometz provides a sense of stability, reassurance and connection.

## Connecting Montrealers of all ages to Yiddish culture and community



L'Annexe: the Ometz Centre for Young Adults is currently partnering with KlezKanada, the Cummings Centre and the Museum of Jewish Montreal for ***Kultur-krayzl (Culture Circle)***: an exciting new arts and culture workshop series. It began in April with a 3-part klezmer workshop at L'Annexe for young adults (16-35), led by multi-talented musician Josh Dolgin (aka SoCalled). In May, there was a storytelling workshop with the Cummings Centre. Finally, in September/October, there will be a food workshop done in collaboration with the Wandering Chew and The Museum of Jewish Montreal. The workshops offer young adults unique and fun opportunities to connect with Jewish arts and culture, tap into their creativity, and discover a diverse, intergenerational community.

[The program was recently featured in \*The Suburban\*, "Series of Yiddish arts and cultural workshops kicked off".](#)

## Planting the seeds for physical and mental health



Our **2024 Intergenerational Community Garden** – a collaboration of Ometz, L'Annexe and the Cummings Centre – opens today with a planting party! Throughout the summer, clients are invited to participate in garden preparation, planting, garden maintenance and harvesting. Even clients who are not physically able to do manual labor can sit in the garden and enjoy the fresh air and sunshine, as well as the opportunity to socialize. Additionally, Ometz cooking and collective kitchen groups will use the fresh produce for weekly recipes, and participants can take the vegetables home to use for their own nutritious and delicious meals. This innovative partnership has many benefits for our clients' physical and mental health, and we're excited to bring community members of all ages together to enjoy the garden and its bounty.

[Click here to read a recap in the Summer Issue of \*Inspirations Magazine\* about another successful partnership between Ometz, L'Annexe and the Cummings Centre: the 2024 JDAIM vernissage!](#)

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## Looking ahead: Summer fun with a therapeutic approach

Agence Ometz, in collaboration with clinique entourfamille, is once again offering the **Small Steps Summer Camp** which seamlessly blends fun-filled summer activities with a therapeutic approach to help children build their skills and confidence as they prepare for school. Through playful activities facilitated by our occupational therapist, speech therapist, and other experienced professionals, children will improve their social-emotional skills, speech and language skills, and gross and fine motor skills. The unique program is designed to meet the needs of children with mild to moderate delays in speech and/or motor development, as well as those with difficulties self-regulating and navigating social interaction. [To learn more about the camp and how to](#)

## Thinking of You

- Mark your calendars for the **2024 Pearl Leibovitch Community Webinar (November 11) and Clinical Day (November 12)**! This year's theme is "Roots & Branches: Cultivating strong sibling bonds from childhood onwards". More details to follow this fall.
- Volunteering with Ometz is a great way to give back to the community! We are currently looking for French-speaking mentors who can help children and teens improve their French language skills for school, or help adults with their conversational skills to prepare for French exams and/or job opportunities. The time commitment is once a week, up to 1-hour per session, for a minimum of 3 months. Knowledge of additional languages, such as Hebrew or Russian, is a bonus! To find out more, email [volunteer@ometz.ca](mailto:volunteer@ometz.ca).
- To read more of our recent press coverage, visit [Ometz's Newsroom page](#).
- Don't forget to follow Ometz on [Facebook](#), [Instagram](#) and [LinkedIn](#) (and L'Annexe on [Instagram](#) and [Facebook](#)) to stay up-to-date on all our latest news!

## Thank you for giving people the courage to keep moving forward

We are so appreciative of everyone who already contributed to our **2024 A Chance to Shine No Show Gala!** From screenings for preschool-aged children to employment assistance for young adults to social services for Israeli families seeking temporary respite from war, your generosity supports a wide range of vital programs and services. Whether someone is in crisis, or dealing with the smaller challenges of everyday life, we are dedicated to helping them find a sense of **stability, empowerment and connection.**



Empower young people at every stage | Soutenez les jeunes, à chaque étape de leur vie

A chance to shine



Watch on YouTube

You still have until **June 30** to help children, young adults and their families. If you haven't made your gift (of any size!) yet, and are in a position to do so, please click here:

[DONATE NOW](#)

Thank you for being part of our community!

Warmly,

**Jeffrey Berkowitz**  
President, Ometz

**Dominique McCaughey**  
Chief Executive Officer, Ometz



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