

Letter to Friends

A Message from Ometz



Welcome to a Season of New Beginnings!

As we embrace the High Holidays and the Jewish New Year, we're delighted to share the latest edition of our refreshed Letter to Friends newsletter. It's a time for reflection, celebration, and looking forward, and we're excited to showcase the incredible impact of our work and what's ahead at Ometz. Your support has been instrumental in all that we've achieved, and we're grateful to have you with us as we step into this new year full of hope and possibility.

Standing Together: One Year Since October 7th

As we mark the first anniversary of October 7th, we honour the resilience and strength of our community. Throughout this challenging year, Ometz has been at the forefront, offering crucial support to those impacted and standing steadfastly by our community.

Supporting Mental Health and Well-Being

In response, we have organized mental health webinars for parents, partnered with Hillel to provide counselling and resources for students, and welcomed over 150 Israelis seeking temporary respite. From housing and schooling to mental health support and summer camps, we've ensured that every individual and family affected receives the care and assistance they need.

Our Ongoing Commitment

Today, our dedication to healing and connection is stronger than ever. We continue to adapt our services to meet the evolving needs of our community, ensuring that no one stands alone. Together, we move forward with hope and solidarity.

Ometz is Here for You

Whether you're a parent of a student needing support, looking for guidance, or

anyone struggling to cope, Ometz offers counselling and mental health services to help you through these challenging times.

[ACCESS SUPPORT NOW](#)

Impact in Action



Celebrating Achievements at Our AGM: A Night of Inspiration and Gratitude

On June 18th, over 100 supporters gathered for our Annual General Meeting, where we celebrated the past year's achievements and heard powerful testimonials from clients Damien, Lea, and Mathieu. We extend heartfelt thanks to our sponsors, BRAND Gestion Immobilière and Pajar Canada, as well as our partners, Zera Café and Catering and Summit Flora.

As we look ahead, we're excited to collaborate with our Board on several key projects, including the development of our new strategic plan, Ometz 3.0. Your continued support makes all of this possible!

[READ THE FULL AGM RECAP](#)

Welcoming Our New Board Members

We're delighted to welcome **Danielle Pollack** and **Frédéric Dayan** to the Ometz Board. Danielle's dedication to healthcare and community service and Frédéric's extensive experience and passion for supporting our community are invaluable. We look forward to working together and are grateful for their commitment to Ometz. Welcome aboard!

À l'Agence Ometz, la communauté est au cœur de nos actions.

At Ometz, community is at the heart of everything we do.



Your Generosity Shines Bright: A Heartfelt Thank You to Our Supporters

Your unwavering support for our A Chance To Shine (ACTS) campaign has not only transformed lives and strengthened our community but also helped us exceed our fundraising goals! Because of you, those facing crises and everyday challenges can find hope, stability, and connection. Your contributions are the foundation of everything we do, and we couldn't do it without you.

We are truly grateful for your generosity and invite you to witness the impact of your kindness.

[WATCH THE THANK YOU VIDEO](#)

Community Connections



Shabbat in the Park: A Night to Remember!

This summer, Ometz and GenMTL hosted a vibrant Shabbat in the Park in Hampstead. Families gathered with picnic dinners, blankets, and water bottles to enjoy music, songs, and crafts. The atmosphere was filled with joy as we shared grape juice and challah, creating a warm community experience under the open sky. Thank you for making it unforgettable!



Exploring New Beginnings: Family Trips for Newcomers

Our Immigration team has been busy organizing trips to help newcomer families from Israel, Ukraine, and France connect with their new community. From summer farm adventures to a day in the Laurentians, these outings have offered a chance to bond and explore Quebec's beauty. Most recently, we celebrated the start of fall with a wonderful apple-picking day at Domaine Lafrance, where 16 families enjoyed learning about bees at Intermiel before picking apples and creating sweet memories together.

We look forward to many more moments like these as we support our newcomer families in building a new life in Quebec.



A Taste of Inclusion at Pigeon dans le Parc!

We're thrilled to see the impact of Pigeon dans le Parc, a vibrant hub of support and inclusion in Hampstead Park. This partnership between Zera Café and Pigeon Café provides neurodivergent young adults with meaningful employment opportunities and valuable skills. Throughout the summer, we visited our dedicated clients working there and were inspired by their growth and success. Since 2019, Ometz has proudly championed supported employment initiatives, fostering purpose and belonging within our community!

Program Spotlight



From Garden to Gourmet: Celebrating Our Accès: Succès Program

This summer's accès:succès pre-employment program at L'Annexe wrapped up with a memorable finale, highlighting the creativity and dedication of our young participants. Over a month, they explored various work environments—from gardening and community center assistance to running their own pop-up restaurant. Family, friends, and supporters enjoyed a one-day-only “Restaurant Funhouse” lunch service, where participants handled everything from hosting to cooking.

It was a joy to see their growth and confidence in action. A big thank you to everyone who supported the program!



Small Steps, Big Achievements: A Summer of Growth at Small Steps Camp

This August at Small Steps Summer Camp, children aged 4-9 with developmental delays thrived in a nurturing environment at the YMYWHA. Guided by occupational and speech therapists, campers made incredible progress in social-emotional skills, speech, and motor abilities. Thanks to the Small family's generosity, the camp was accessible to many families, creating an impactful experience for all. We're excited to see these young campers continue to grow and succeed!

Community Well-Being



Cultivating Community: A Garden Party to Remember

Our Intergenerational Garden Party was the perfect way to start the summer! Ometz, L'Annexe, and the Cummings Centre came together to nurture our community garden, fostering a sense of unity and collaboration. Participants of all ages joined in planting, caring for, and harvesting delicious vegetables while forming meaningful connections. It was a joyful celebration of growth—both in the garden and in our community bonds.

[SEE OUR GARDEN IN BLOOM](#)



A Holistic Approach to Mental Health with the Cummings Centre

This summer, Ometz and the Cummings Centre’s Mental Health Support Services reunited for a joyful “Bites and Beats” picnic in the Peace Garden. Clients and staff from both agencies gathered to celebrate the final weeks of summer with delicious food, great company, and a lively performance of 60s and 70s hit songs. This beloved annual tradition, held for the first time since before the pandemic, brought a sense of community, connection, and fun to everyone involved. We’re thrilled to have brought it back!



Capturing Stories: Talking With Photos at L'Annexe

This summer, L'Annexe launched *Talking With Photos*, an innovative initiative led by a skilled facilitator with expertise in phototherapy from the Hebrew University. Over a dynamic 6-part series, young adults explored personal stories and emotions through photography, turning images into powerful tools for self-expression and growth. Our professional's unique approach, developed through her work at a rehabilitation center in Jerusalem, has significantly impacted participants at L'Annexe.

In addition to this initiative, L'Annexe offers a variety of creative arts therapies and activities year-round for young adults aged 16 to 35, providing a nurturing space for connection and healing.

Career Pathways

Propel Your Career Forward: Integration Aide Training – Apply Today!

Are you passionate about supporting neurodiverse children and young adults? Join our Integration Aide Training starting October 28th. This course includes CPR training, online modules, and an 80-hour internship. Make a meaningful impact!

Apply by October 8 | Info: barbara.stern@ometz.ca or 514.345.2647

Career Growth: New Opportunities with McGill & Shadd Health

We're thrilled to announce exciting new partnerships aimed at boosting employability for our clients! A dedicated McGill intern will be joining us to develop tailored employability workshops that will provide hands-on support and guidance, and a new course with Shadd Health will cover accounting principles and software. Stay tuned for more updates!

Upcoming Events

Ometz presents
Pearl Leibovitch
Community Webinar

ROOTS & BRANCHES

cultivating strong sibling bonds
from childhood onwards



Back by Popular Demand! Pearl Leibovitch Conference: Strengthening Sibling Bonds

In challenging times, nurturing relationships has never been more crucial. We're thrilled to announce the Pearl Leibovitch Conference this November, featuring two distinguished experts in family dynamics. This event is designed for professionals in social services, education, and mental health, offering advanced insights on navigating sibling relationships and fostering healthy family environments.

As an added bonus, these experts will also lead a special community webinar for parents, providing practical advice on nurturing sibling bonds at home. It's a unique chance to gain valuable knowledge and support families in a meaningful way.

[RESERVE YOUR SPOT](#)



Celebrate Sukkot with Kat Romanow & The Wandering Chew!

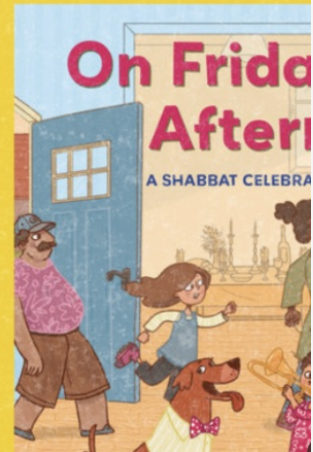
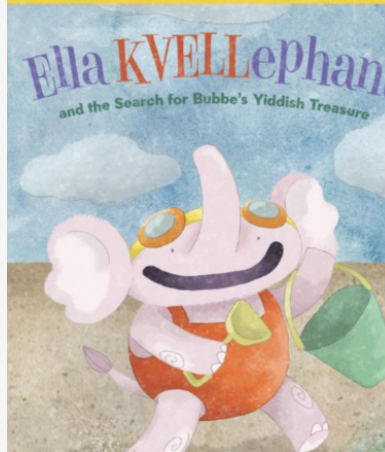
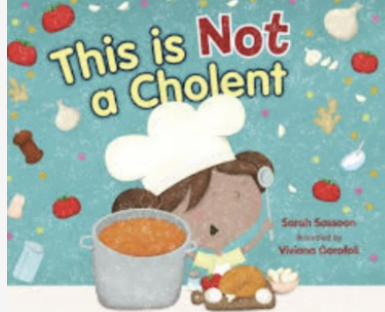
We're thrilled to highlight the grand finale of the Kultur-krayzl series, a unique collaboration between KlezKanada, L'Annexe: The Ometz Centre for Young Adults, and the Museum of Jewish Montreal. This exciting Jewish food lineup for ages 16-35 includes a "Beyond the Bagel" Walking Tour, hands-on cooking workshops with Kat Romanow, and a lively Sukkot closing party featuring dinner, music, storytelling, and dance in the Sukkah. It's a celebration of Jewish food, culture, and community, bringing people together through shared experiences and traditions.

[DISCOVER THE LINEUP](#)

Links We Love

Inspiring Reads & Resources

Explore hand-picked articles and resources that resonate with Ometz's mission. From mental health tips to success stories, these reads will uplift and inspire.



Building Resilience with Picture Books

Jewish picture books are an excellent way to bring joy, confidence, and connection into our families' lives. In her article for Kveller, Audrey Barbakoff highlights how stories like *The Schlemiel Kids Save the Moon* and *Joyful Song* help children embrace their identity and build empathy. By exploring diverse and uplifting stories, Jewish families can create a sanctuary of love and laughter, nurturing resilience in uncertain times.

CHECK OUT THE FULL LIST



Bake Your Way to Wellness: Jack Hazan's Story

Syrian Jewish therapist and baker Jack Hazan offers a unique path to mental health: Baking Therapy. His journey began with a simple act of sharing homemade challah at a Shabbat dinner, sparking the launch of his company, JackBakes.

Combining his skills as a therapist with his love for baking, Hazan developed Baking Therapy to help people connect and heal through the meditative act of making challah. Whether coping with grief or simply needing to unwind, Hazan's approach shows that sometimes, the best way to heal is to bake your feelings into something delicious.

[EXPLORE BAKING THERAPY](#)

Shana Tova U'Metukah!

From our Ometz family to yours, we wish you a year filled with health, happiness, and success. May the New Year bring sweetness and peace to you and your loved ones.

Dominique McCaughey
Chief Executive Officer, Ometz



Jeffrey Berkowitz
Chair of the Board



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