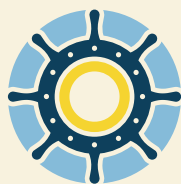


MIFRASIM

Impact Report

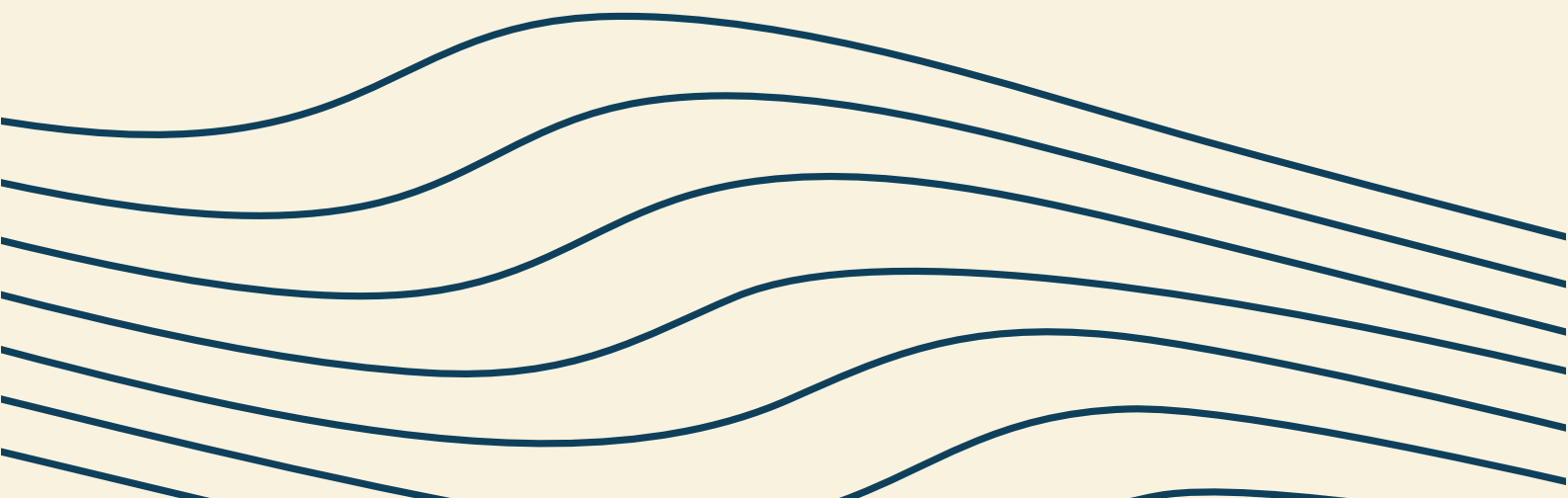
2024



MIFRASIM
Sailing For Change

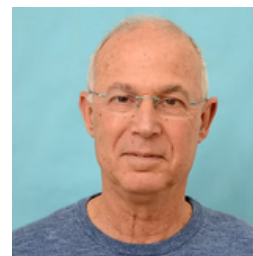
"I've been at a hotel in Eilat for days, meeting with dozens of therapists.
The time spent on the boat was the first time I was able to share".

(A Gaza border evacuee, after the first voyage organized in Eilat, October '2023)



A word from the Board chair, Dr. Udi Netzer

Mifrasim's mission is to support Israeli communities through group maritime journeys. Since founding the organization six years ago, we have focused on combining our highly professional sailing skills and therapeutic experience to serve thousands of groups of individuals. Leveraging the largest social sailing vessel of its kind in Israel, we built an organization that sails and supports over 1,000 participants each year.



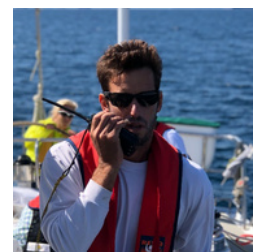
The past two years have demonstrated the critical importance of our work. Our therapeutic team and volunteers are there to provide both immediate and long-term support, in both Eilat and Herzliya, for individuals affected by war and trauma. A professional study evaluating the impact of our activities has confirmed their effectiveness. Due to growing demand, we are now in the final stages of acquiring an additional vessel, which will operate out of Haifa.

I would like to express the deep appreciation of the Mifrasim Board of Directors to the employees and volunteers of our organization. We wish for the full recovery and successful rehabilitation of all Israeli citizens, wherever they may be, during these fateful days. We remain committed to expanding our efforts to help improve and empower Israeli society.

Thoughts from Yosale Dror, Executive Director

Dear Partners,

There are rare moments in the life of a social organization when the call to action becomes unmistakably clear. When the need to unite towards a mission greater than us emerges with undeniable urgency, as it did when the war broke out.



Like tens of thousands of volunteers across Israel, for us too, stepping up in response to the events of October 2023 was our way of taking responsibility and lifting our heads. While we worked tirelessly to address the immediate needs, it was equally important for us to remain committed to the people we served before the war. Those who, in times of crisis, needed support more than usual. We have chosen to share the story of our volunteers, supporters, and staff over the past months for one reason: Our work is just beginning, and we will need every bit of support we can get.

Thank you for being part of our journey. Your partnership allows those who would otherwise have no access to psychological and social support, the chance to embark on the journey, raise their sails, and discover a refuge of stability amidst life's stormy seas.

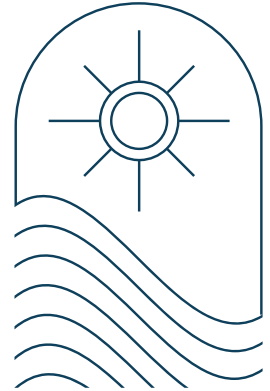
About Mifrasim – Background

Mifrasim is an Israeli nonprofit organization that provides therapy and support through group-based maritime journeys for individuals facing complex life challenges, with a particular focus on trauma and bereavement.

Aboard a sailing vessel, surrounded by the open sea and guided by a professional team of therapists and skippers, participants enter a uniquely transformative space, one that fosters growth, healing, and empowerment.

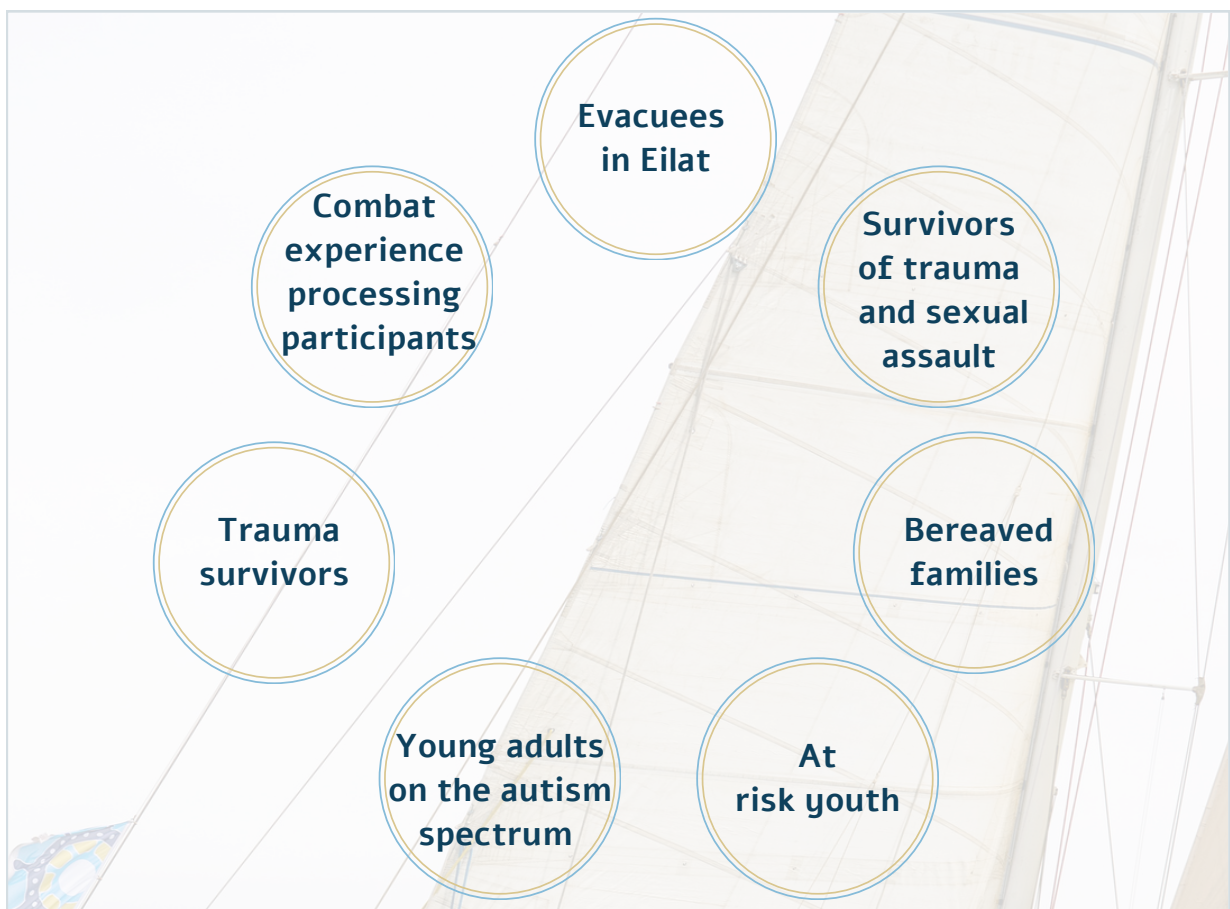
Most of the activities take place in the framework of long-term therapeutic programs (Outdoor Therapy), which combine bi-weekly sailing sessions with a longer voyage at sea. We collaborate with nonprofit organizations that represent populations who can greatly benefit from our programs.

Mifrasim is led by a small professional team, supported by 60 dedicated volunteers. Since 2018, more than 7,412 individuals have participated in therapeutic sailing programs.



Mifrasim Before and After October 2023

During peacetime, a significant portion of Mifrasim's activities is dedicated to supporting youth at risk, bereaved families, and trauma survivors. Following the horrific events of October 2023, we felt a deep responsibility to rise to the challenge of serving those most in need. Recognizing also that many of those we worked with before the war now require even more support, even if they weren't directly affected by the fighting, we continued our programs serving:



Our mission, as defined by our team, is to reach everyone who needs us—to provide a safe and supportive space, both physically and emotionally, where healing can begin.

Operations in Eilat

Immediate Intervention

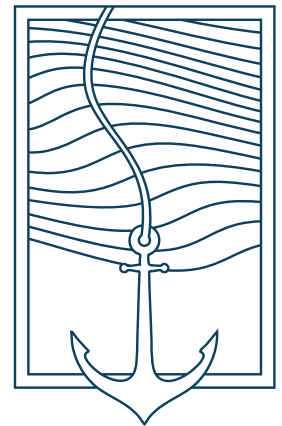
When the war broke out, it was impossible to continue our usual activities in the Mediterranean, so the organization relocated its operations to Eilat. Ahuva, A long-time donor generously hosted our staff in her city apartment, and we chartered sailing boats from the "Sail" Club. Mifrasim's teams, including skippers and therapists specializing in bereavement processing and trauma care at sea, worked tirelessly in shifts, applying in the Red Sea the expertise we've honed over the past five years: harnessing the power of the maritime journey to strengthen both body and mind.

We applied Mifrasim's proven operational model to members of communities in the traumatized southern region, ensuring that each sailing journey was guided by a professional skipper and a specialized therapist, transforming the experience into a source of support and strength.

This was an immediate, emergency intervention, offering evacuees a momentary escape from the chaos of life as an evacuee. An opportunity to breathe, reflect, and express themselves freely. For many, it was the first time they had a space in which they could share their experiences and feelings with others, leading to powerful, healing moments of connection, closeness, and truth.

Though outside the organization's usual therapeutic scope, the emergency response of Mifrasim prioritized, first and foremost, providing moments of relief and emotional respite. At the same time, it gently laid the groundwork for future therapeutic work by introducing the sea as a medium with healing potential and a horizon of possibility.

Between October and December 2023, 310 survivors of the war's events set sail with us in Eilat, participating in 44 therapeutic voyages. These included families with children, survivors of the Re'im music festival, and youth.



Operations in Eilat

Immediate Intervention

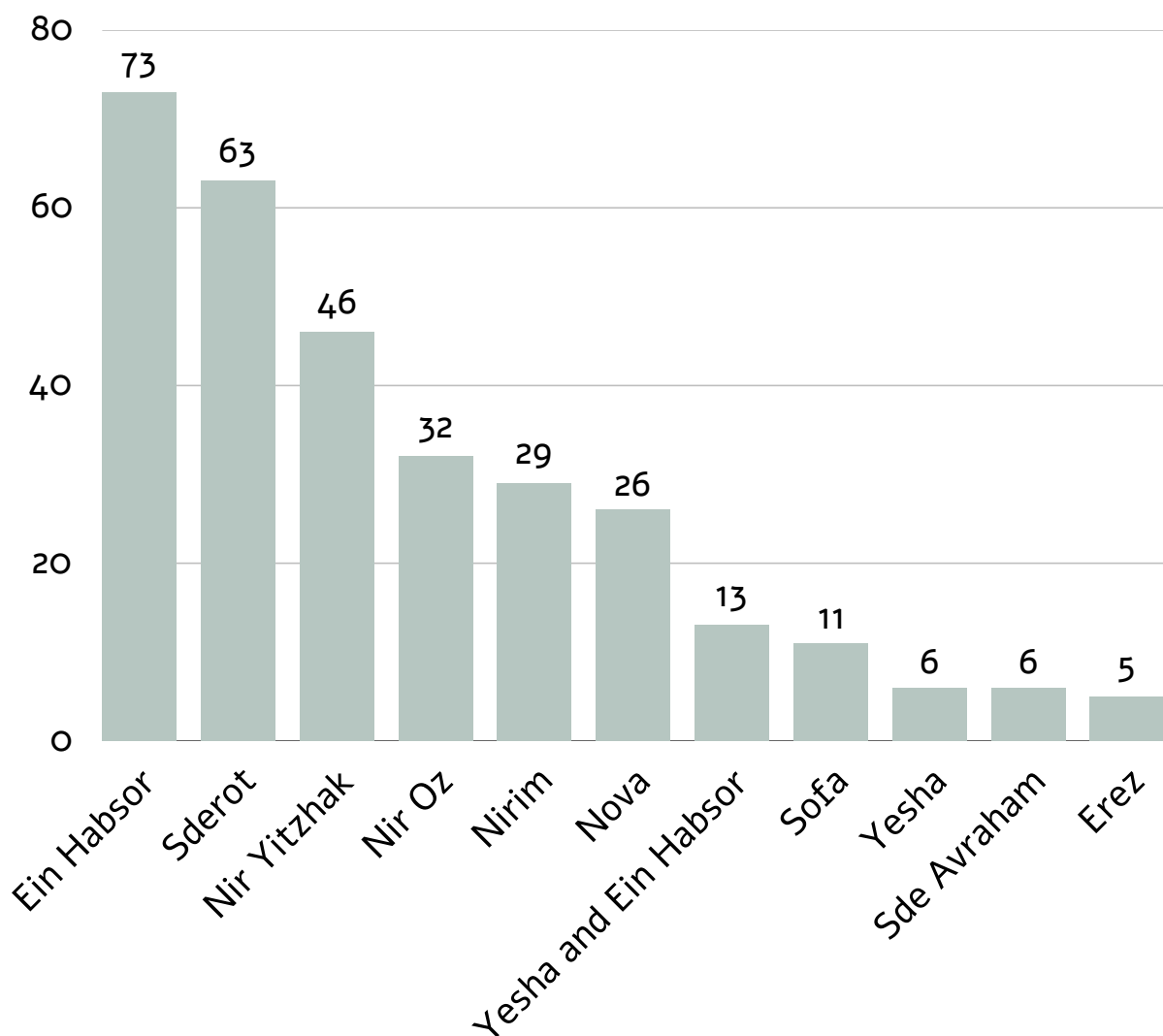
A young woman who joined one of the sailing sessions with her daughters wrote:

“About a week ago, me and my daughters went with the Mifrasim Association. We set out to sea, almost the only boat out there. Above us, helicopters hovered, and a group of soldiers stood on the shore nearby. An hour later, I noticed naval boats as well, and I began to relax and enjoy the experience. At some point, it was as if my mind drifted somewhere else... far from here, far from this unfathomable reality we’ve been through. The smiles, the kindness, and the generosity gave me so much strength to keep going, to breathe in, and to believe that one day, things will be better here.”



Number of Voyages by Settlement

Eilat



At the same time, we have expanded our support for bereaved families and strengthened our combat trauma-processing programs for frontline soldiers—a population in which the need for such treatment is still growing every day. On board Mifrasim’s vessel, participants have found a safe space to begin processing their trauma and look toward the future

Soldiers

Combat Experience Processing

As the months passed after October 7th, soldiers began returning home from the front lines. In response, Mifrasim initiated sailing journeys tailored to the specific needs of various units of soldiers which focused on helping them process the difficult experiences of combat and what happened “over there”.

Groups of reservists and active-duty soldiers set sail, accompanied by a therapist, into the open sea. The challenges of sailing create natural opportunities for personal and collective resilience-building, helping participants process their experiences in a constructive and positive way.

The process takes place on deck, among members of the same military unit, who fought side by side, now taking part in the physical work of sailing the boat, led by a naval crew. There is a professionally guided, open and supportive dialogue, all aimed at strengthening resilience and helping the soldiers navigate and cope with returning home to their familiar environment.

During the sessions, the soldiers hoist the sails, navigate, cook meals and sleep beside one another in a civilian, non-combat setting. The sessions offer soldiers an opportunity to shift from survival mode to shared human experience – to reconnect, rebuild, and grow through positive, constructive challenges.

The impact of these journeys extends beyond the participants themselves, influencing their families and broader communities and allowing for more open conversations between returning soldiers and their loved ones.

In 2024 over 300 active-duty and reserve soldiers participated in these voyages.



Soldiers

Combat Experience Processing

A therapist who sailed with a combat unit shared her experience:

They step aboard smiling, slightly shy, and immediately we hear the sounds of high-fives, and inside jokes. Their closeness and longing for each other's company is deeply felt. One phrase keeps coming up over and over again: "A stranger wouldn't understand"...

Almost always someone asks early on, "Do we really need this? What's the point of processing combat experiences? Who is this even for?"

"So why did you decide to come?" I press them, and almost every time, the answer is simple: "Because of the team". And that's it. No further explanation needed. Sometimes, they even apologize. "No one from our unit was killed, only wounded" or "They only shot at us." In the traumatic reality we live in, there is a distorted hierarchy of suffering, ranking and comparing different types and intensities of trauma. These soldiers are energetic, curious, and eager to absorb everything the journey has to offer. They quickly learn the boat's anatomy and the basics of seamanship, pull ropes, take the helm, jump into the sea without caring about the water temperature, cook together, bring musical instruments, sing, and talk late into the night. They share how this experience on the boat feels entirely different from their usual off-duty gatherings. On the boat, they feel like a unit again, "in the same boat". But this time, they're not in enemy territory and they're not under threat. And in this environment, profound and thoughtful conversations emerge. They are surprised by how one memory triggers another, and how one experience unlocks another hidden one. Vivid, raw images from combat surface. Unbelievable moments, painful memories, absurd situations, and laughter through the tears. There are moments of pride and meaningfulness that are impossible to replicate. As with a puzzle, each soldier shares a piece of their story, allowing others to gain a fuller picture of what happened, how they feel, and how it all connects. Instead of emotional detachment, they begin to reconnect, forming a clearer understanding of their experiences collectively. As part of the crew, we experience it all with them. We laugh with them and wipe away tears with them. And sometimes, I think to myself: how incredible it is that so much can happen in less than 24 hours at sea. And once again, I am reminded of how the sea, the boat, and the people on board, have a unique power to help people connect, feel, be, and heal.

Written by Ravid Cohen-Hagai, Certified Couple and Family Therapist and Counselor

Kibbutz Be'eri

The youth of Kibbutz Be'eri – which was later one of the main arenas of the terrorist massacre on October 7 – completed a year-long program with us some six months before the war broke out, in March 2023. Fifteen-year-old Carmel Bachar, who was murdered on that Black Saturday, together with his mother Dana, may his memory be a blessing, was among them. The Mifrasim team members who worked with the group had developed a close bond with Carmel and his friends. On October 8, 2023, our team travelled to the Dead Sea to provide support to the evacuated Be'eri community.

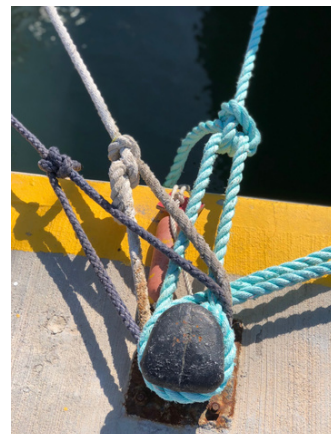
In May 2024, we organized a memorial sailing trip in Carmel's memory. At an emotional gathering on the dock, people spoke, sang songs and cried together. Afterward, we set sail with his friends and held a short maritime ceremony, where members of the group threw flowers into the sea – Carmel's greatest love.

Recently, a group of adults from Kibbutz Be'eri has begun their own journey with us. We are fully committed to doing everything in our power to support them and all those affected by this war.



Bereavement Support & Processing

A significant part of Mifrasim's work during peacetime focuses on supporting bereaved families. The organization collaborates with national organizations that help such individuals, including Yad Labanim, the IDF Widows and Orphans Organization, and the Association for Victims of Terror Attacks. Dozens of bereaved parents and siblings (some who have been grieving for many years and others who have suffered loss due to the Iron Swords War) have completed a year-long therapeutic process, which included biweekly sailing sessions and extended maritime journeys as milestone events. The support group is formed during the activity and is long-lasting for years after.



A bereaved mother shared the following reflection at the end of her
:year-long journey with Mifrasim

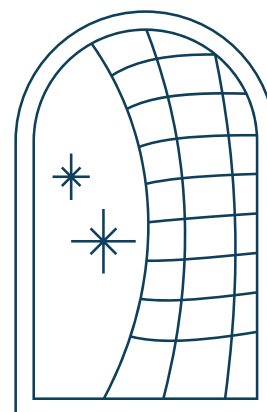
"Alongside the physical work, we engaged in deep and meaningful conversations. We spoke about pain. The pain we carried and the pain we still hold today. Each conversation brought a slightly different perspective, touching on different layers of grief and the soul in general... ..I was surprised by how powerful the collaborative aspect of the support group turned out to be. The shared work gave participants hope and vision for the future. Despite our many differences, I felt that everyone both gave to and received deep respect from one another, living together on the boat, with the need to cooperate, created a unique bond. At sea, it seemed like people could be more patient, kinder, and more supportive. I'm not entirely sure why, but the work, the sea, learning something new together, the patience and gentleness of the crew, and, above all, the guidance and perspective offered by our group therapist (Elad), allowed something to be released within our group, and within each of us, in a way I had never experienced before."

Bereavement Support & Processing

This year Mifrasim also launched bereavement support programs for civilians who have experienced loss, together with "ELA" organization.

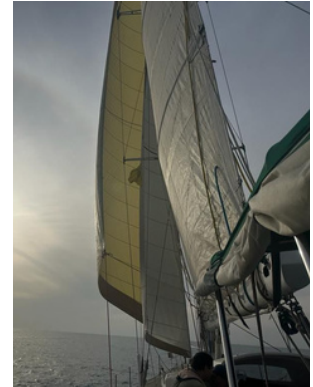
The effectiveness of the programs was evaluated through pre-intervention and post-intervention questionnaires administered over the course of a year. The findings indicate a statistically significant increase in participants' sense of optimism, as well as in their sense of control and self-efficacy, alongside a statistically significant decrease in feelings of loneliness.

The monitoring and evaluation framework was developed by Dr. Hagit Hacohen-Wolf.



At-Risk Youth

This year, six residential facilities and youth homes participated in long-term therapeutic programs with Mifrasim. The maritime journey provides these young participants with a controlled experience outside their comfort zones requires cooperation, and allows them to express feelings and skills that often remain hidden on land.



"On the boat, the girls had the opportunity to meet women who see them, here and now, as they are, without judgment. This journey, this experience, and the conversations we had were built on acceptance and presence. We were all in the same boat, facing similar fears and pressures. Telling them that it's okay to be afraid, but not to let fear paralyze them... to show them what is possible.

The boat requires constant teamwork, among the girls themselves and with the crew. This demands focus and, at times, creates tension. But it also gives the girls the chance to reshape their social roles within the group.

Some of them, who were often socially excluded beforehand, discovered incredible inner strength and capabilities while on board. And the entire group cheered them on for it.

When we asked participants what they took away from these voyages into their daily lives, they said:

"We shattered our own glass ceilings. We pushed our boundaries. We conquered our fears. We discovered that we can do anything, even overcome our own doubts and anxieties". These weren't words spoken to please anyone. They reflected the realization that we helped them strengthen within themselves."

Dr. Yakira Levy, program facilitator.

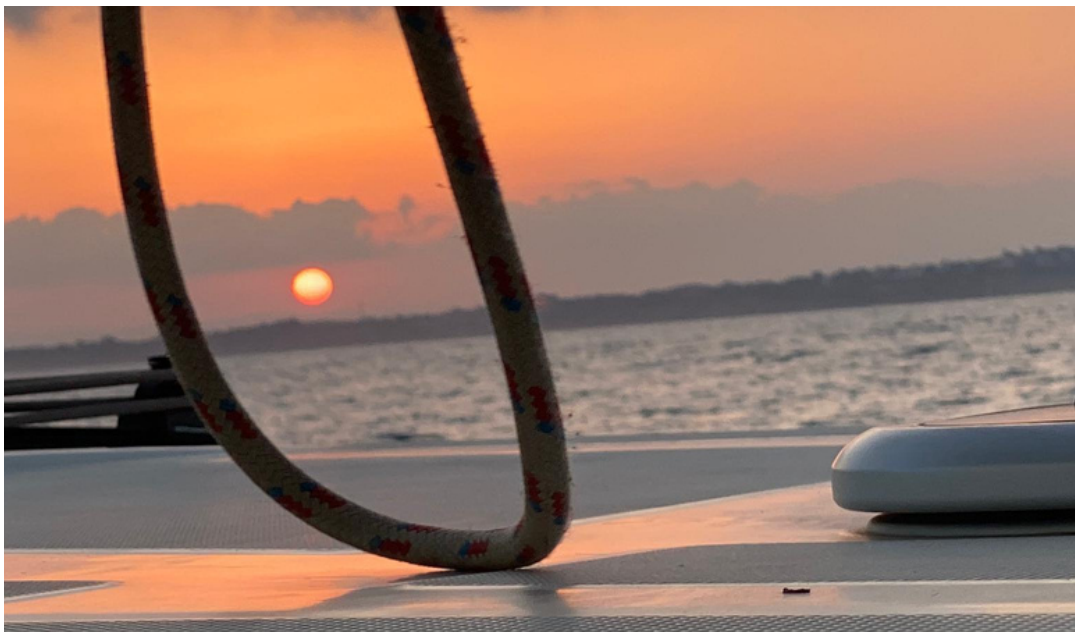
Survivors of Sexual Assault

In collaboration with HaSharon Assistance Center, Mifrasim recently opened its fourth group to support survivors of sexual assault.

This series of therapeutic sessions offers an alternative approach to trauma processing outside the confines of a traditional land-based setting, in an environment that naturally fosters openness and emotional release, unlike anywhere else.

One participant shared her experience:

"A team of women expertly sails the boat from the marina to the open sea and back, demonstrating extraordinary teamwork. Through a shared willingness to navigate the depths of the soul and the landscapes of emotion, the body's movements mirror the contours of life itself: in exploration, reflection, compassion, and embrace. The gates of the Garden of Eden opened before me, and the weight of false burdens was lifted from my shoulders. The space expanded, and the light of goodness sparkled. Thank you for the opportunity to uncover another dimension of myself, to grow stronger from what I once thought was weakness."

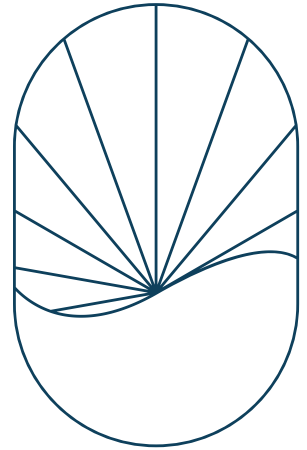


Young Adults on the Autism Spectrum

The "You and I in the Same Boat" program is a structured maritime journey designed for high-functioning young adults (18+) on the autism spectrum. This innovative and unique initiative provides therapeutic support through adventure at sea, helping participants overcome social barriers and develop emotional skills in a natural and adaptive way.

The process takes place in small, structured groups, creating a safe and supportive environment for gradual engagement. These expeditions allow participants to tackle daily challenges step by step, fostering growth, confidence, and independence.

Each group embarks on a long-term journey, participating in biweekly sessions that culminate in a milestone event – a powerful reflection of their ability to face challenges as a team. This approach combines sailing with group dynamics and communication skill-building, offering a holistic and experiential learning process. More than anything, this program demonstrates the critical importance of creating specially tailored experiences for individuals with special needs, with a strong focus on social integration and personal growth.



In their own words:

"It's not every day that you learn that 'elephant ears' are both a type of cookie and a knot for tying ropes... Over just a few months, we became sailors, hoisting the mainsail together, tying complex knots, turning winches as a team, and all of this was possible because of you. We're sad it's over but dreaming of sailing with you to Cyprus."

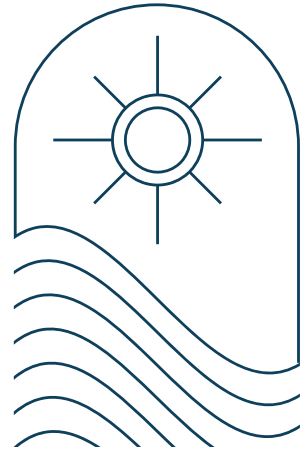
Data for the year 2024



A look into the horizon

Most of Mifrasim's activities to date have taken place on the flagship "Yamreed". This is a large and safe boat that allows activity in a variety of changing conditions and maximizes the ability of a big group to work as a team. The boat has been "working hard" with over 1,000 sailors a year. These days, the "Yamreed" is in the shipyard in Herzliya for maintenance and renovation work, in order to allow it more years of work and therapeutic sailing.

In addition, in order to meet the great need and demand for therapeutic maritime activities, Mifrasim purchased a second boat, due to arrive in Israel during spring 2025 and is scheduled to dock in Haifa in order to enable therapeutic activities for the northern periphery as well. Mifrasim is in the process of getting organized for this growth and training more professionals – care personnel and skippers, in order to be able to provide an immediate response with the expansion of the fleet.



A Message of Gratitude _____ and an Invitation to Join Us

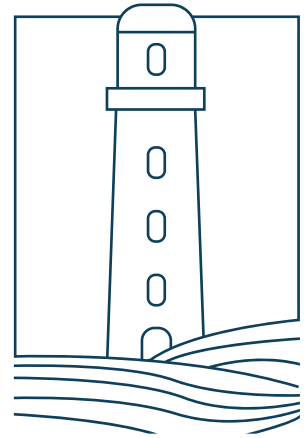
Dear Supporters and friends,

This has been a challenging year. Beyond the dedication of Mifrasim's volunteers, who together create the driving force and strong backbone behind our mission, we have also witnessed a significant surge in people wanting to step up and take part in the healing process. We are accompanied by incredible individuals - people who understand the impact of our work and the profound effect it has on those who set sail with us. These supporters, donors, and volunteers stand by us with friendship and unwavering commitment, always asking: "How can we help? What do you need from us?"

This warms our hearts and gives us the strength to keep going. A huge thank you for your connection, your willingness, your help in overcoming challenges, and for simply being who you are. And to those reading this who aren't yet part of the journey... please come join us.

The needs are great and together we can make an impact. Mifrasim's work is made possible through the generosity of corporate sponsors, private donors, foundations, federations, and our dedicated partner organizations.

We would like to take this opportunity to thank you all, who made this work possible.

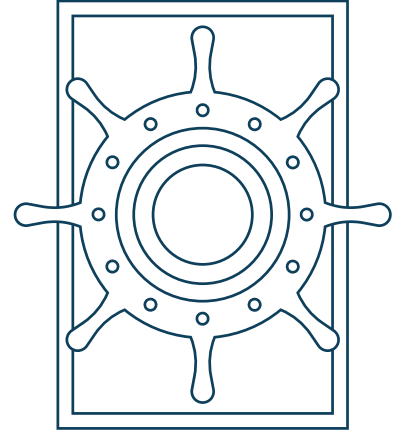


Nirit Slaney, Director of Development and Partnerships, Mifrasim.



Philanthropy– donors, supporters, _____ and partners

The work of MiFrasim is grounded in the generosity of companies, individual donors, philanthropic foundations, and our dedicated partner organizations. We are deeply grateful for the trust, support, and shared vision of those who walk this path with us. With heartfelt appreciation, we thank our donors and partners who make this journey possible:



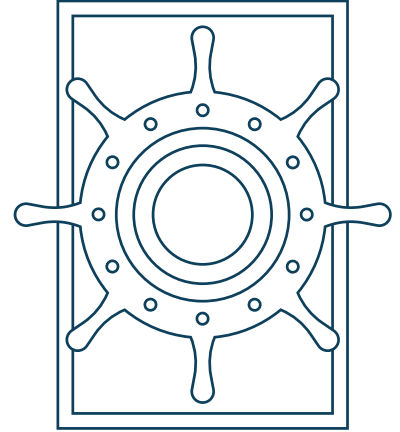
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Organizations and Companies

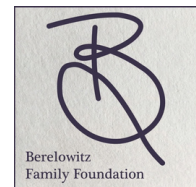
CEJP
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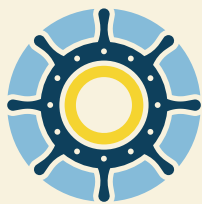


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THANK YOU!

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