



MIFRASIM
Sailing For Change

IMPACT REPORT 2025



Message from the Chairman of the Board

The year 2025 marked a significant milestone in the development of Mifrasim. The organization took its first steps toward establishing itself as a national, not merely local, nonprofit. A second vessel (named Love of Life) was purchased with donor funds, doubling our capacity to serve the community. New groups began operating in Haifa, and the new vessel is designated for programs in either Ashdod or Ashkelon. Through these steps, we are enabling additional populations to benefit from the unique therapeutic approach we have developed. These initiatives advance our vision of becoming an organization with a broad impact around the country.



In 2025, Mifrasim's operational scope exceeded NIS 4 million (about \$1.3 million), and the annual number of participants reached over 850. The expansion and diversification of our activities necessitated significant organizational restructuring to support anticipated growth in the coming years.

The year 2025 was a landmark in expanding and diversifying Mifrasim's activities and advancing toward realization of our vision: to contribute to personal and community resilience in the Israeli society. We are proud of our extensive work and the directions we've set for the years ahead.

Throughout 2025, the organization developed capabilities that enable us to work with new groups and diverse audiences. We integrate programs for bereaved families, individuals coping with post-trauma, at-risk youth, and more. Each new group demands development of specialized tools and processes so that we can tailor our activities to their unique needs.

In the second half of 2025, we established an external advisory committee, which comprises 15 distinguished women and men of strategic vision. The committee's purpose is to acquire a deep understanding of Mifrasim's work in its maritime, therapeutic, and social dimensions, to advise and guide our activities. Dedicated meetings are planned for 2026 to address the organization's central challenges.

Dr. Ehud Netzer,
Chairman of the Board

Message from the CEO

The impact report before you is much more than a collection of data and numbers. It is a testament to the human journey that takes place every day on deck. A journey of people who chose not to give up hope even amid deep sorrow, and of partners and supporters who chose to walk this path with us in faith and commitment.

This past year, we operated within a complex and painful reality, which sharpened more than ever the significance of our shared endeavor. For all of us, the sea is a space for breathing, connection, resilience, and healing. Every voyage this past year was a reminder that when you give a person a safe and respectful space, they can rediscover strength within themselves.



The driving force behind Mifrasim lies first and foremost in its people. **I wish to express deep appreciation to our dedicated and committed volunteer corps. Your presence and devotion on deck are the beating heart of the organization, and should never be taken for granted.** Alongside you are top-tier professional teams in the fields of therapy and sailing, ensuring that our unique model continues to deliver life-changing outcomes.

None of this would happen without our community partners, donors, and partner organizations. This shared journey represents, in our eyes, a profound expression of faith in the human spirit and in the vision of a stronger, more sensitive, and more cohesive Israeli society. You are an integral part of the process.

We look ahead with a sense of responsibility. The needs are many but knowing that we are not alone provides a real tailwind. Thank you for being part of Mifrasim.

Yosale Dror,
CEO and Co-Founder

About the Organization

Mifrasim has been working since 2018 to promote mental well-being, resilience, and trauma-processing through group emotional work in a maritime setting.

Our voyages aboard specially adapted sailing vessels are based on the principles of Outdoor Therapy, developed into a unique maritime model that supports healing and growth for people facing life's toughest challenges.

The collective work, the challenges of the sea, and the open emotional dialogue, led by certified therapists, allow participants to rediscover their inner strengths, build personal resilience, and thereby also strengthen the communal and social resilience of Israeli society. Year-round, the organization operates extended therapeutic voyages that combine bi-weekly sailing sessions with longer sea journeys.



The Mifrasim Community

9 A team of 9 professionals in headquarters and maritime operations

25 Freelancers, facilitators and skippers

60 Dedicated, active volunteers

8,200 Participants in our programs since inception

Strategic Development 2025



Following 2024, which focused on short-term emergency interventions, in 2025 the organization chose to focus on long-term therapeutic processes aimed at creating meaningful and sustained impact. As a result, the average number of voyages per participant increased significantly.

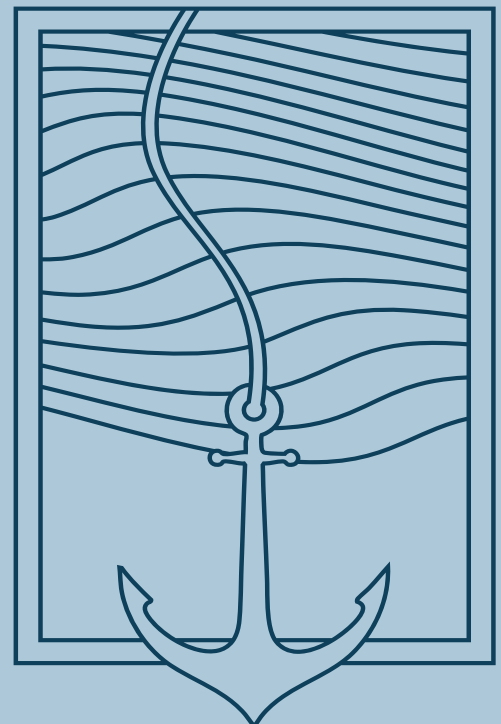
A strategic decision was made to expand activities with communities directly affected by the war, while maintaining services to other vulnerable populations indirectly impacted. This expansion reflects a deep understanding of our role in strengthening social resilience.

To this end, in 2025 we began investing in infrastructure to enable gradual growth in the coming years: We acquired an additional vessel, expanded the headquarters team, moved to a permanent office, upgraded our training and professional support system, strengthened our volunteer community, and established an advisory committee. These steps form the foundation for long-term growth aimed at reaching more and more people and making Mifrasim's sea voyages an accessible therapeutic resource with significant impact.

The Operating Model: Partnerships

Mifrasim is unique in that it operates a model not dedicated to a single population, but rather one whose power extends to a wide range of communities through a powerful therapeutic platform.

To reach our target audiences, we partner with nonprofits and organizations that work with these populations, such as combat unit associations for active-duty soldiers and reservists, bereavement organizations for grief processing, the Ministry of Welfare, and many others. Funding for the various programs is raised by Mifrasim from philanthropic sources in partnership with the organizations sailing with us. This model strengthens mutual commitment, contributes to program continuity, and ensures optimal use of donations.



The Professional Model

A Maritime and Emotional Journey

The model we have developed uses the power of a group sailing together and the challenging, changing sea environment to support participants' emotional journey:

Facilitated Process: A dedicated professional therapist accompanies each group throughout, helping to translate maritime experiences as they occur into personal insight.

Teamwork and Seamanship: The vessel requires coordinated action by all group members toward a tangible goal and serves as a microcosm that naturally creates opportunities to develop communication and taking responsibility.

The Maritime Experience: The open sea presents unpredictable conditions that challenge personal boundaries and enable growth and renewal.

Natural Support Group: Deep connections form among participants during the voyage that serve as a source of support long after the program ends.



The Professional Infrastructure That Creates Impact

- 01 Training and Support System:** Our skippers, therapists, and volunteers participate in training throughout the year, including monthly group sessions for skippers, bi-monthly joint sessions for skippers and therapists to maximize coordination between maritime and emotional work within the team, quarterly training for volunteers, and ongoing individual mentoring for therapists.
- 02 Committed Volunteer Community:** Approximately 60 volunteer skippers undergo thorough training before being integrated into group support efforts during the various programs. Our volunteers stay with us for many years and are an integral part of the organization's beating heart.
- 03 Advisory Committee:** During 2025, we established an advisory committee to deepen the organization's impact in the Israeli social field. The committee comprises leading women and men with experience and knowledge in diverse fields, bringing multidisciplinary professional value to strengthen the organization and ensure its future. The committee will operate alongside the board, shaping key initiatives, strengthening infrastructure, and creating new opportunities.

2025 Milestones

January

The Yamreed, MiFrasim's first social boat, is hauled out for maintenance and receives loving care

May



The Yamreed returns to full operation

August

Our permanent land-based home opens an office in the Herzliya Marina management building, with the support of the Herzliya Municipal Tourism Development Corporation Ltd.

November

New volunteer skippers join the team and undergo therapeutic training in advance of their integration into a host of programs

March

MiFrasim receives the Berelowitz Family Foundation Prize for its 2024 activities in trauma and post-trauma response



July



The "Love of Life", our new boat, arrives and is warmly welcomed into the MiFrasim family

September

Strategy and shared thinking day for the MiFrasim community

Our Programs and the Communities Sailing with Us

Grief Processing

First-circle bereaved families, including bereaved parents and siblings from the Iron Swords War in Gaza and longtime bereaved parents and siblings.

Combat Experience Processing

Combat soldiers in regular and reserve service, officers, command staff, and spouses of reservists.

Resilience and Trauma

Communities and groups affected by the October 7th events or directly impacted by them (Kibbutz Be’eri, Nova Festival survivors, residents of Ofakim, Ashkelon Coast regional Council residents, Golan Regional Council residents, hostage families, and more). This category also includes civilian bereavement (families of accident and suicide victims), sexual assault survivors, and families of those with mental health challenges.

Young Adults on the Autism Spectrum

High-functioning young adults aged 18–24.

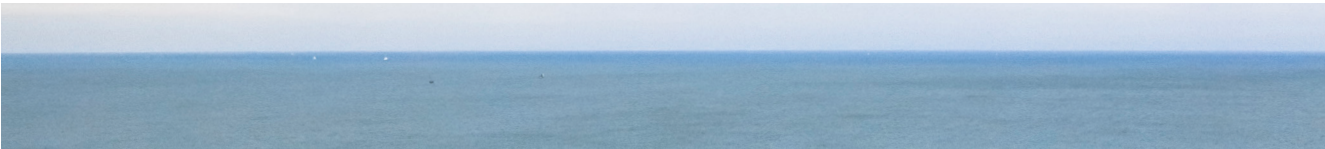
Youth

At-risk youth, in partnership with the Youth Protection Authority, pre-military academy participants, Israeli youth of Ethiopian descent, and more.



Output

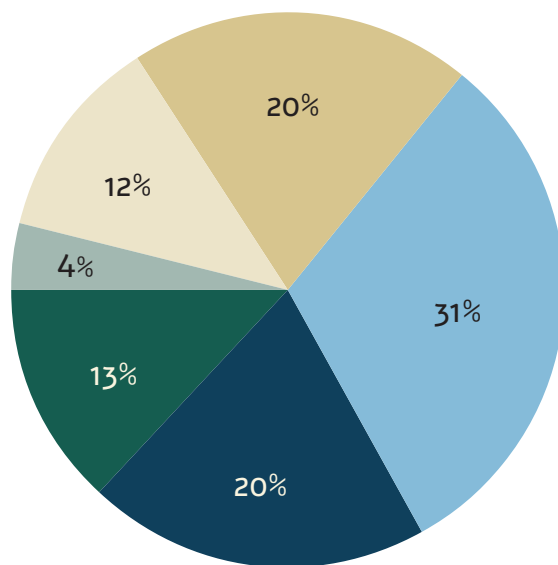
55 Groups/ activities	860 unique participants	387 voyages	1678 Sailing hours
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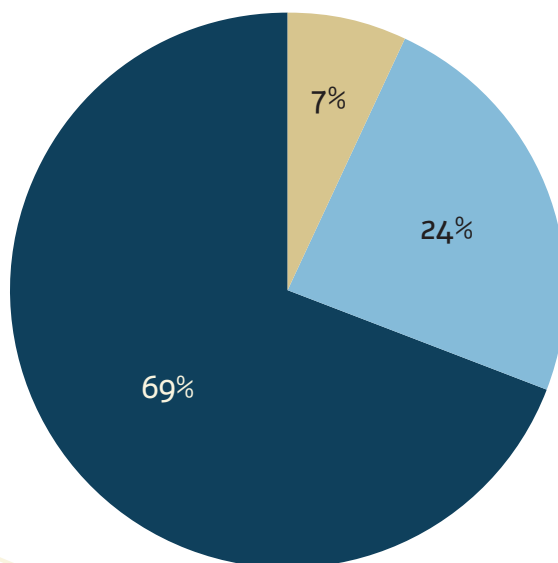
Breakdown by Program Content

- Bereavement
- Resilience and Trauma
- Combat Trauma Processing
- At-Risk Youth
- Young Adults on the Spectrum
- Corporate Team-Building



Breakdown by Process Duration

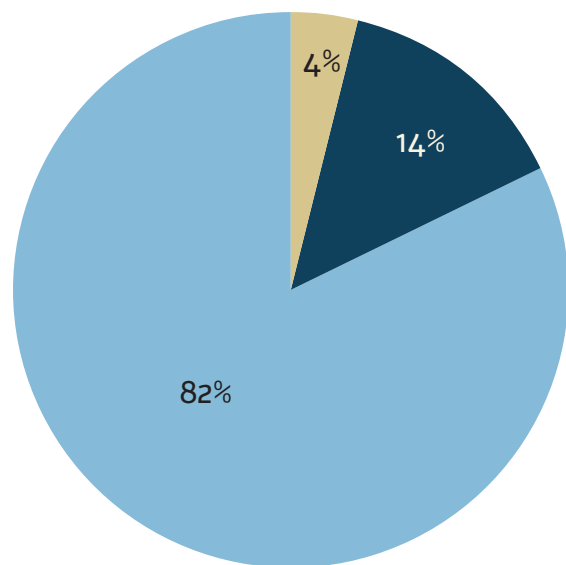
- Long-term process
- Short-term proceess
- A single-session





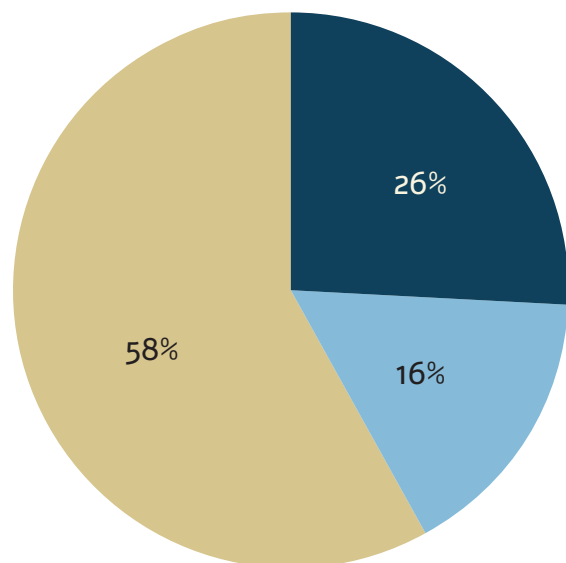
Breakdown by Age Group

- Youth
- Adults
- Young Adults



Breakdown by Gender

- Women/Girls
- Men/Boys
- Mixed Groups



Deep Dive into Activity Areas

// Grief Processing

The year 2025, the second year of the Iron Swords War, presented unique challenges in supporting bereaved families. For many, after the initial blow, the process of understanding and internalization began, and the demand for long-term professional support emerged.

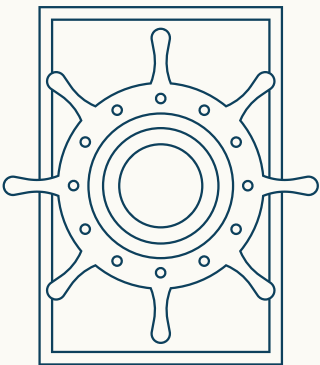
The shared voyage offers a unique opportunity for processing loss, where the sea, the wind, and the teamwork create opportunities for connection and intimate interaction with others who share the same pain. This year, activities expanded to Haifa and new groups were added for bereaved families from the recent conflict. Based on our experience, **integrating veteran and newly bereaved families within one group creates powerful therapeutic dynamics of significant value to both sides:** The long-bereaved families' encounter with fresh grief provides them with an opportunity to look back, to recognize how far they have come and the tools they have acquired, and to share such thoughts with others. The feeling that they can now support others strengthens them too. Meanwhile, newly bereaved family members are exposed to different models for coping with loss. This connection creates understanding and hope within a support group that accompanies participants long after the program ends.

The high demand for these programs and our long-term partnerships with Yad Labanim (Memorial Organization for Fallen Soldiers) and the IDF Widows and Orphans Organization attest to the efficacy of this model and its unique contribution to helping people cope with loss and grief.

A Moment at Sea

A bereaved sister, December 2025

"When you're a bereaved sister and your birthday falls close to the date your younger brother fell in battle -- in the infinite sadness, who even feels like celebrating... And then you arrive for a sailing voyage and share with the other brothers and sisters in the group. Because you can talk about everything, and there's no one in the world who understands you more than they do. You set out to sea, the wind is not great, so the skipper says: There's no choice, everyone gets into bathing suits. When there's no choice, there's no choice... In the salty sea you can cry and laugh. The other bereaved siblings in the group surround you in the water, you're in the center, and each of them wishes you something for your birthday from the depths of their heart. Because there is also a choice to be happy."



// Combat Experience Processing

The second year of the war was characterized by constant movement between warrior identity and civilian identity, often with insufficient time to fully grasp one's experiences. The sea voyage provides a dynamic and challenging adventure that allows for venting and processing, at a pace and intensity determined by the fighters themselves and with their unit's pals.

Since the outbreak of the Iron Swords War, more than 10,000 soldiers have received treatment for mental distress, of whom approximately 3,800 have been diagnosed with post-trauma.

To provide precise responses to the diverse needs of soldiers, Mifrasim developed this year a variety of process-oriented programs with different aims and durations: from focused workshops of five sessions, through deeper six-month processes, to intensive processing voyages abroad.

This year, the scope expanded to include spouses of reservists, in recognition of the fact that the experiences of war affect wider circles.

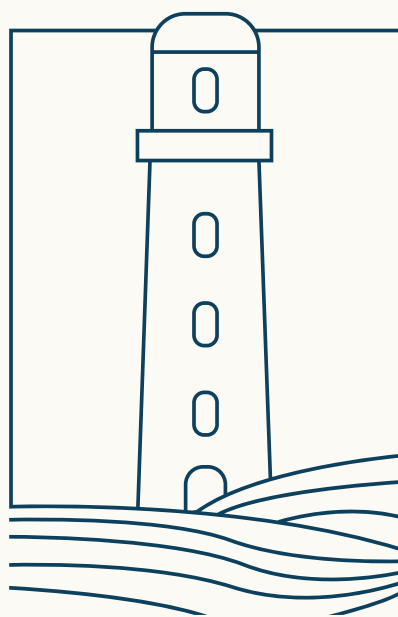
Mifrasim's activities in this field in 2025 took place in direct partnership with combat unit associations.

A Moment at Sea

From a Reservist's Spouse

"There are moments that deeply penetrate the heart. The combination of the sea, the sunset, the attentive crew, the encouraging spirit and wonderful company – all this managed to stop time, soften the heart and truly allow it to open. This is an enormous gift. Thank you for the open hearts and the ability to let each woman speak honestly, and for the amazing women who created an atmosphere of real togetherness.

Thank you for a meaningful moment I won't forget. Thank you for several experiential hours, a moment to disconnect, to be there just for myself, to open my heart and then be there for the other. To stand on slightly unstable ground, reach the so-called panic circle, return to the inner circle, go out to the mast. To feel the inner waves of life together with the waves of the great sea, to be amazed by the power of the sea and the power of my heart... And then to feel secure again. To find an inner space of breath and a belly full of calmness and air, and with that to return to stable ground. To keep giving despite the difficulty, to keep receiving despite the difficulty."



// Community Resilience in Gaza Envelope and Southern Communities

For residents of the Gaza Envelope and southern communities, the second year of the war was characterized by a complex process of returning home: Routine seemingly returns, but trauma still seethes beneath the surface.

Mifrasim worked this year in partnership with local authorities and communities in the south, including Kibbutz Be'eri, Ofakim Municipality, Ashkelon Coast Regional Council, and others, supporting residents through group processing.

From a Be'eri Resident:



Full Moon.

In the heart of the sea, far from the sand.

On the Yamreed. Under the stars... Under the quiet solitude of the second watch, I was awake alone but did not feel lonely.

Laughter and crying.

Another moment of sharing, another glance.

Pulling the rope together.

Saving ourselves from ourselves.

The blackness today is very black.

Soon the full moon will rise and shine.

Bodies. Lives. Within the water... Blackness until infinity. I float on my back and gaze at the stars...

The rocking of the vessel intermittently hides the moon. Above the water's surface everything is perfect.

Below, a dark and infinite abyss. In a brave moment I decide to dive, as deep as I can.

From below, the moon looks like a gleaming oil stain spread across the water, but you can see it.

You need to go deep and low in order to rise back up and breathe and discover that the black becomes transparent when you dive into it.

A Moment at Sea

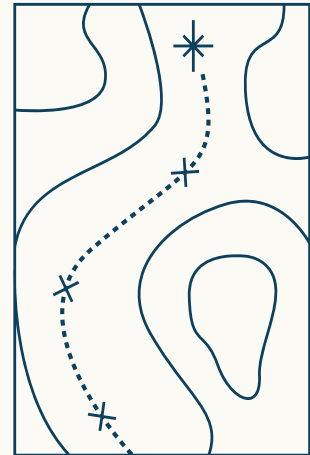
Participant in a process group from the Gaza Envelope

"I wanted to say thank you...

Thank you for the path you walked with us, how you took and contained and flowed with a complex group with scratches that you could identify with as part of yourself, and precisely because of that we felt the empathy from you.

I personally gained great resilience from you and the group, resilience for myself, the realization that first of all, I'm okay, that I'm not the only one with the questions, the dilemmas, the coping, the insecurity, and to understand that I'm not crazy or abnormal, there are others

like me who cope with the big questions. This gave me the strength to believe in myself and do what's good for me. I arrived a bit sad because of the feeling of ending and because of the terrible events on the way, but I left happy and full, and mainly ready for the next challenge."



// Vulnerable Populations Not Directly Affected by War

While all Israeli citizens experienced profound upheaval and collective trauma this past year, there were populations that, despite not being directly affected by combat, experienced the crisis with redoubled intensity. For at-risk youth, young adults on the autism spectrum, sexual assault survivors, trauma survivors, and others, the state of emergency and danger shook their world this year, reopened old wounds, and damaged their sense of security. **Precisely during this period, they sometimes felt "invisible" compared to the understandable focus on those directly affected by the war.**

From this understanding, in 2025 we continued working with nine long term process groups from these populations, based on the conviction that now they needed support more than ever.



// Youth

"Maritime Compass for Youth" Program

Youth come to us from various settings, including pre-military academies, municipal at-risk programs, and Ministry of Welfare frameworks such as the Youth Protection Authority, including locked facilities and rehabilitation boarding schools. Some arrive with curiosity, some with skepticism, but when they step aboard, something begins to change: They take the helm, pull ropes, and navigate a 50-ton steel vessel themselves. They have a role and they have responsibility.

Our therapists, who specialize in working with young people, know how to take what happens on deck and transform it into life skills. Confidence is being built moment by moment. Belonging, trust, and self-discovery, all this grow from the activities and from the group.

Hundreds of young people have undergone this process on a Mifrasim vessel to date, including 78 in 2025. 84% of accompanying staff reported seeing positive change in participants' capability levels, functioning, and behavior throughout the journey.



// Young Adults on the Autism Spectrum

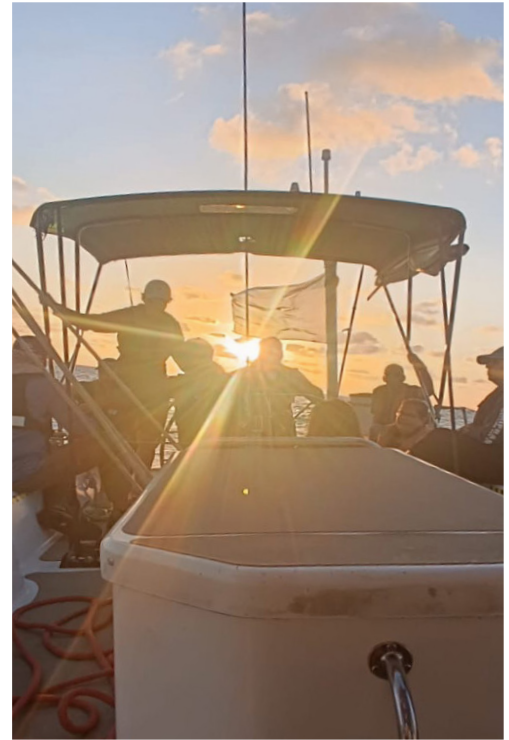
The **"You and Me in the Same Boat"** program provides therapy through maritime adventure for young, high-functioning autistic adults over 18. The process takes place in small groups that help participants overcome social barriers and develop emotional and communication skills naturally.

Sailing voyages for these groups facilitate coping with daily challenges and reduce sensory overload. The program combines challenging physical activity with group tasks in a safe environment adapted to participants' unique needs. Participation in these challenges strengthens personal resilience, develops a sense of capability, and creates opportunities for meaningful social connections.

In 2025, some of the groups included young adults on the spectrum who were evacuated from their communities on the Lebanese border and Golan Heights due to the war, and had to stay for an extended period in Haifa. There, at Haifa Port, MiFrasim's maritime activities took place. These young adults, who need routine and a sense of certainty, experienced heightened distress as a result of the evacuation and disconnection from home. Within this reality, MiFrasim was a safe and strengthening space for them, and even when they returned to their distant homes toward the end of the year, they chose to continue attending our programs.

The long sail from Herzlyia to Ashkelon was the program's highlight, as participants faced new challenges, such as sailing to a new marina and sleeping at sea, and experienced a sense of success and achievement.

This activity, and the partnership with organizations involved with this target population, such as "Avnei Derech" (Milestones) and "Ro'im Rahok" (Seeing Far), demonstrates the importance of creating experiences tailored for groups with special needs, while emphasizing social integration and personal enrichment. This past year was particularly meaningful in this respect.



Our Vessels

YAMREED

Challenge 67 model

This year, after years of tireless dedicated service, the Yamreed, our beloved veteran vessel, received a comprehensive refit. Six months of maintenance, dozens of volunteers, and hundreds of hours of work by roughened and loving hands returned her to the water upgraded and ready to continue being a home to all who step aboard.

"Today, in the boatyard, we disassembled the winch – that same small winch that allows us to easily pull taut lines, hoist sails, and use them to navigate the vessel safely in the heart of the sea.

When we looked at the disassembled winch, we thought of all the hands that have held it on various sailing voyages. Of at-risk girls who at the start were afraid to touch it, and by the end were taking charge of the vessel. Of young adults on the autism spectrum who discovered through it the power of teamwork. Of soldiers who found using it a sort of anchor on the way back to routine. Of bereaved families who, through it, learned that it's okay to lean on others and ask for help.

Because the winch isn't just a device for easing loads, it also allows controlled release of lines under strain. So too in our therapeutic sailing voyages: We learn not just to cope with challenges, but also to effect a safe release, to let go with control, and to move forward even when the wind blows against us."



Our Vessels

LOVE OF LIFE

Oceanis 54 model

This year, a long-time dream came true: the operation of a second vessel. The need intensified especially in the past two years following the effects of the war and the ongoing state of emergency.

The new vessel, "Love of Life", that was donated in memory of Haim (Henry) Gehl, arrived in July at Herzliya Marina and was welcomed in a moving launch ceremony. Her arrival is part of the broader initiative to expand the organization's activities, and her schedule quickly filled with participants. She is slightly smaller than the Yamreed and is a perfect fit for certain groups, to whom she provides a safe and containing sailing experience.



From a Volunteer's Remarks at the Launch Ceremony:

"Once I dreamed of having a sailing vessel, and today I have two. And from a dream that came true for a few dozen people, she became a dream-maker for thousands of human beings. Last week Love of Life, the second social vessel, docked in her new home, at Pier K next to her big sister. And just as when a new baby is born, isn't it true that the heart manages to expand to love twice as much with the second one?"

So what do I wish for my second vessel, Love of Life? To love life is a worldview. I wish that the people who sail on her will remember what it's like to love life, and will know that they have something, even small, worth living for. Whoever sails on her will return home happy, optimistic, and loving themselves more, safe in the knowledge that everything, everything is possible. And that the hostages will come home, and sail with us. That would be a true victory sailing adventure. Yes. I haven't gotten carried away at all with my dreams... But hey, once I dreamed of having a sailing vessel, and today I have two."

Impact Measurement – Evaluation Research Findings

By Dr. Hagit HaCohen Wolf, The Hebrew University of Jerusalem

This is the third year that evaluation research consistently shows that MiFrasim’s programming creates meaningful change for participants – personal change that may lead to an increase in social resilience.

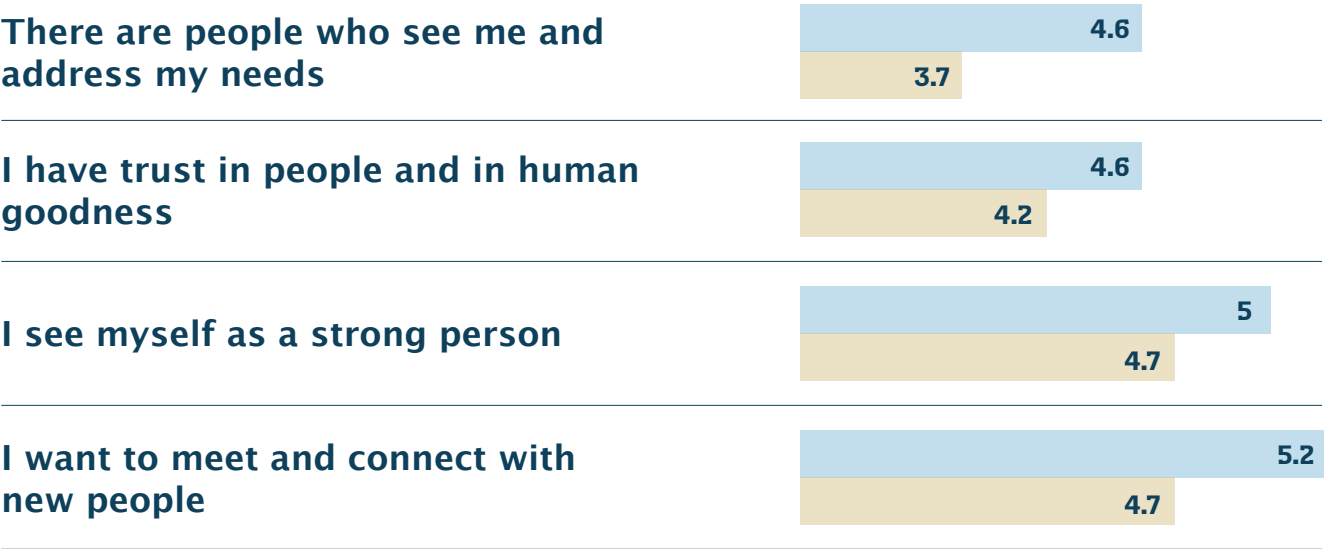
The 2025 assessment presents a clear picture in which participants report higher resilience, a sense of security, optimism, meaningful group connections, and exceptional satisfaction.



Our participants, who face significant life challenges, report that they leave the vessel feeling more optimistic, stronger, and less alone. The shared work on deck and the maritime and emotional journey strengthen social indicators that constitute the building blocks of personal resilience.

Personal emotional resilience is a necessary part of building the resilience of Israeli society as a whole.

Note the significant gap between "before" and "after".
The differences are statistically significant:



Dr. Hagit HaCohen-Wolf of the Hebrew University is a leading researcher who has been engaged in evaluation research in civil society for two decades. She has led independent analysis efforts on behalf of major organizations and developed success evaluation models used for improving and developing social programs. **Evaluation methodology:** continuous evaluation throughout all programs; pre-post questionnaires for long-term program participants; post questionnaires for short-term program participants; post questionnaires for accompanying staff of youth programs.

Acknowledgments

From within the great crisis of Israeli society emerge the beautiful faces of citizens, business organizations, and philanthropic organizations. To our dear supporters, the donors and partners who have joined us, you are an integral part of the work of healing and rehabilitation of Israeli society. Thanks to you, an additional vessel now brings hope to all who step aboard. Thanks to you, the healing power of the sea impacts thousands.

It is a great honor for us to walk this path alongside you. Thank you for the trust you place in Mifrasim's activities, and for the tailwind you give us.

Warmest thanks to our team and volunteer community, who, with professionalism, enthusiasm, and a sense of mission, make all of this happen.

And to those reading this who are not yet part of our endeavor – this is an invitation to join. The needs and challenges are great, and the impact is enormous.

**With great respect,
The Mifrasim's Team**



Donors and Partners

Out of respect for the wishes of some of our supporters, their names do not appear on this list. Nevertheless, our deep gratitude extends to them as well for their generosity and belief in us.

Many thanks to all the private donors who accompany us with faith and love. You are an integral part of what happens on deck.

Institutional Supporters

- Ministry of Justice Estates Committee
- Ministry of Welfare and Social Security Affairs – Youth Protection Authority
- The Jewish Agency for Israel – Family Circle

Foundations and Philanthropic Partners

- Ahuva Gehl Galfon
- Berelowitz Family Fund
- Keren Hayesod Sweden
- Lion Family
- Nicola Bauman Memorial Fund
- Rebeca Uziel de Harari
- Wolfman Family
- The Alfred Landecker Foundation
- The Azrieli Foundation
- The Beverly Foundation
- The Erdi Foundation
- The Fables Foundation
- The Fingerhut Family Foundation
- The Galileo Foundation
- The Jewish Federation of Broward County
- The Joseph and Krystyna Kasierer Foundation
- The Levi Lassen Foundation
- The Mordechai (Moka) Limon and Raphael de Rothschild Foundation
- The Nathan and Lily Silver Family Foundation
- Tzivoni Foundation

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- Reshef Group
- SFA – S. Friedman, Abramson & Co
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Derech Hayam – Via Maris

Aya Yam

Blue Wave Tashoot

Herzliya Marina

Herzliya Municipality

Philanthropia Ma'asit Ltd

The Herzliya Municipal Tourism
Development Corporation Ltd

Organizations that Sailed with Us in 2025

Ashkelon Coast Regional Council

Avnei Derech (Milestones for Life)

The Elah Center

Kiryat Bialik Couples & Family
Therapy Clinic

Golan Regional Council

HaMechina HaYisraelit (The Israeli
Pre-Military Academy)

HaSharon Sexual Assault Crisis Center

Hostages and Missing Families Forum

IDF Armored Corps

IDF Combat Engineering Corps

IDF Education Corps

Kibbutz Be'eri

Mesila Residential Facility

Mitzpe Yam

Mosinzon High School

National Insurance Institute

Ofakim Municipality

Olim B'Yachad (Olim Together)

Rehovot Municipality

Rikma Enoshit (Human Fabric)

Ro'im Rahok (Seeing Far)

The IDF Widows and Orphans
Organization

The Namer Association (Golani)

Yad Labanim (Memorial

Organization for Fallen Soldiers)

Yahalom Foundation

