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fter arriving in Israel, Igor became Ya'akov and his wife Galina became Gila and this was just the beginning! Living in Jerusalem is so different than living in Moscow. Aside from the different climate, everyone babbles away a mile a minute in Hebrew. And learning a new language is very difficult when you are 34 years old. Then they discovered Project Tikva...

Project Tikva helps the new immigrants from the FSU survive the culture shock of arrival in a new, westernized country. It assists their process of absorption, enhances their family life and enriches their Jewish identity and connection to the Land of Israel. Project Tikva provides the new Olim with coping skills that help them contend with difficulties of adjustment into Israeli society.

Project Tikva offers a wide variety of programs to Russian-speaking Olim.

- Support groups for Russian-speaking adults, and support groups for parents and their children. The opportunity to share fears and doubts with others decreases emotional tension and increases self-confidence.
- An evening telephone hotline
- Monthly advice column in the Nash Jerusalem Russian language newspaper
- Lecture series providing insight into Israeli society and Jewish life
- Jewish Values Workshops: In Search of Identity - After a dramatic presentation from the literary works of Israeli writers, participants share their ideas and feelings and explore their connection to characters in the literary piece.
- Shabbat retreats for Russian Olim exposing them to the beauty and meaning Shabbat, prayer and Mitzvah observance.

The success enjoyed by Project Tikva only highlights the desperate need to expand its activities and services for new Russian-speaking immigrants to include: Individual psychological consultations; support groups for children, adolescents, adults, and the elderly; Parent education groups (including groups for single parents); Mo'adon for social/cultural activities; and Tiyulim.



# PROJECT TIKVA

AN ISLAND OF HOPE IN AN OCEAN OF HELPLESSNESS



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