

Bshvil Hamachar
("Path To Tomorrow")
Bringing our soldiers back home



Bshvil Hamachar ("Path To Tomorrow")
Every combat soldier deserves a journey

*"I've never told
anyone before what I
have been feeling"*



At the age of 18 they join the army. They swear to give all they have for the defense of Israel. **For us.**

For us they venture out to the most dangerous places; they become responsible for their friends and subordinates; they stretch the boundaries of body and mind. They give their best years in defense of the country.

When they are discharged, the transition from combat routine to civilian life is oftentimes jarring and harsh. **Many, even if physically unharmed, bear invisible psychological wounds which hinder their lives long after they have fulfilled their duty.**

Along with the maturity, the comradeship, and the new friendships they have gained for life, they are also left with difficult experiences such as fear, sorrow, and anguish. **Every battle they took part in, every stakeout, every wounded soldier– it all remains with them and pervades.** When they are back to civilian life, to their families, relationships and work, nothing is forgotten.

Some of the soldiers who have taken part in combat situations, report having memories and challenges which they manage to cope with during daily life. Others report **difficulties which hinder their adaptation back into civilian life – constant stress, anxiety, feelings of exhaustion, extreme mood swings, difficulties sleeping and nightmares.** All these symptoms have a profound effect on their ability to perform in their academic studies, places of work and personal relationships. The mental scars on these young adults might develop over time into complex mental health problems, most notably post-traumatic stress disorder (PTSD). **A lot of them remain untreated and their lives become increasingly difficult to bear.**

They are called "veterans who were never discharged", but the facts show us that when **provided with the proper tools, many of these young people are able to deal with and contain the experience of combat, and even emerge from it empowered.**



*"I just couldn't
deal with
people asking
me, 'What's
wrong with
you?'"*

*"I've never spoken
about this day. This is
my first time"*

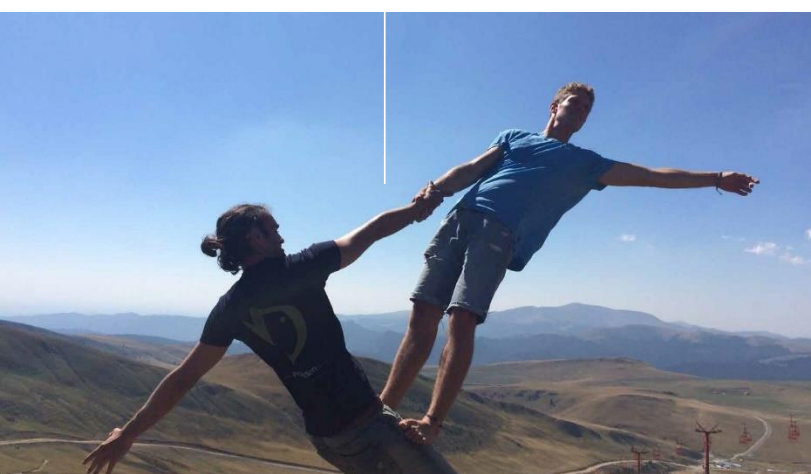


"B'shvil Hamachar" ("Path to Tomorrow") is a non-profit organization which was established following the Second Lebanon War. We felt that our gratitude to our sons and daughters should be translated into the real-world actions of providing tools for coping with and containing the experiences of combat, in order to enable these young people to have a healthy and meaningful life in the civilian world.

This goal is achieved by undertaking **personal and emotional group journeys conducted in the 'great outdoors' in Israel and abroad.** In this supportive environment, and with the direction of psychologists and professional group facilitators, participants can share their traumatic memories and to heal through a variety of methods that combine body, soul, and cognitive processing. **The group offers the participants the ability to re-experience the trauma but through a responsible, structured, and corrective situation whereby they gain a sense of control and renew their belief in their own abilities.** During the journey, the participants learn how to identify and empower their personal strengths, to share their feelings and to ask for support from their surroundings.

To date, some 90 groups, 1,300 veterans in all, have benefited from this program and have reported a restored sense of well-being and improved abilities for social connections and functioning. **Many of them define it as "life changing".**

*"I have never talked about things like I do now.
Never in my life, not with anyone"*



"Bshvil Hamachar" ("Path To Tomorrow") is the way we, Israeli society, can be there for those who were there for us, to help them adapting into the great task of having a productive, vital and meaningful civilian life.

The cost of a journey for a group of 15 participants is around 85,000 NIS. The organization's waiting list has dozens of groups waiting for funding, and a donation of any amount will be most appreciated.

You can donate using one of the following ways:



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or a standing order**

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Bank Transfer

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Send a check by mail

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* All the quotes are by the participants of a "Bshvil Hamachar" journey - from the "winning the battle of Shuja'iyya" report by Omri Assenheim and Gilad Tokatli on the 'Ovda' TV program
<https://drive.google.com/open?id=1Eo1kN5HKUdjmXV3nKvO0Q0ikiHY0Dctv>