

Most teens make the transition to adulthood with a sense of anticipation and opportunity. **Some Do Not.** These young adults are left in a state of desperation with no home or family support.

Each year, thousands of older teenage Israelis without family backing age-out of the social welfare system and are forced into independence, with little to no resources to help them assume adult responsibilities. Most of these youngsters have lived in out-of-home care arrangements (i.e. youth facilities, boarding schools and foster families) until the age of 18. As they age out, they lose significant financial, educational and social support that government agencies and non-profits have provided.

Transitioning to independent adult life can be challenging even for those with a strong education and supportive family. Studies show that aged-out youth are more susceptible to living a life of poverty, abuse and homelessness. Their educational level is far below the general population leaving them unskilled, unemployed and at greater risk of illness. Being preoccupied with daily survival, this population often fails to realize their potential to become the independent and successful citizens they can be.

ATARA's program was developed specifically to tackle the most significant obstacles facing aged-out youth, such as lack of support for education, housing, health care and employment.

Education & Vocational Training

A personally tailored curriculum is set by an experienced educational staff based on the inclinations and abilities of each participant.

- 1 High School Diploma (Bagrut):** Participants who have not previously matriculated from high school complete their high school requirements.
- 2 Vocational Training & Job Readiness:** Participants attend college preparation classes as well as vocational training to assist them in earning better wages upon completion of the ATARA program. Participants learn skills, complete with practical business coaching and receive trade certification. ATARA participants are coached in work ethics, behavioral norms and general job readiness.

Life Skills

Life skills training is a critical component of the program because it is the factor that will determine successful application of their education and a healthy home and family life. Participants are provided with individual counseling and taught the fundamentals of home economics where they learn to balance a budget and prepare healthy meals. They are also advised on the basics of women's health, and the rules and values to the running of a home.

Volunteerism

Volunteerism significantly improves the lives of our participants. By leveraging Israel's national service platform, volunteering not only benefits society but boosts the self-confidence, self-worth and sense of belonging for each participant. ATARA is a work study program where each participant is assigned a full-time internship suited to her interests and capabilities. A social worker monitors progress and general well-being on a regular basis.

A Warm Living Environment

4 A House Mother and trained counselors live in each of the ATARA homes and care for the young women in a nurturing environment. By living together with peers, participants learn to respect themselves and others. They practice newly acquired life skills in a safe and reliable warm home where they also learn the principles of home management and its practical application.

ATARA addresses the specific needs of this transitional population.

ATARA's mission is to ensure that at-risk, young women, who have aged-out of the social welfare system in Israel, make the successful transition to adulthood.

By combining volunteering through National Service and life-skill mentoring, ATARA's structured program provides a foundation to achieve positive outcomes in education, employment, housing, health and social integration.

ATARA Closes Gaps in Society

ATARA's participants do not typically perform national service or army service due to their life circumstances. Through ATARA's guided program, these disenfranchised youth will have the privilege of performing their civic duty and becoming better integrated into the rest of Israeli society. ATARA participants learn the value of being active contributors to society through employment and tax contribution, rather than remaining needy recipients of the social welfare system.

The Team

ATARA team members have extensive experience in education, volunteering and life skills coaching. The team is made up of individual and group counselors, administrators and external professionals. Workshops and lectures are provided by professionals in their fields of expertise.



Yifat Bardash, Director of ATARA.

Yifat has over 24 years' experience in corporate management and served as CEO of a non-profit organization engaged in education for young adults. She has developed a strong reputation for initiating innovative programming, managing projects and staff and financial planning. Yifat is a sought after consultant to various organizations in the fields of process improvement and implementation of strategy and marketing. Yifat holds an industrial engineering degree from the Technion.



Ofri Raviv, Deputy Director of Ha'Agudah Le'hitnadvut and Director of Volunteering of ATARA.

During the past 10 years, Ofri has initiated and developed innovative social integration programming for marginalized populations through education and job training. Ofri also served as CEO of Ma'aglei Tzedek, an organization that aims to merge social activism with education in an effort to mend social ills within Israeli society and as VP of the National Union of Israeli Students. Ofri has an MA in Public Policy from the Hebrew University.



Rabbi Benayahu Dvir, Chairman of Telem and Educational Director of ATARA.

Rabbi Dvir is headmaster of the Olamot High School; he has devoted the last twenty years to helping at-risk teenage girls. He manages and trains staff members on how to inspire, manage and empower youth at-risk. Rabbi Dvir has established successful support centers for Orthodox youth at-risk in cooperation with the Jerusalem Municipality and the Ministry of Social Affairs and serves as the Chairman of the foundation that runs it.

ATARA is a project of Ha'Aguda Le'hitnadvut, the oldest, largest and most respected national service organization in Israel, encompassing nearly 50% of all women who register for service.

Ha'Aguda Le'hitnadvut is experienced in providing a national service framework for niche population sectors such as youth at risk, special needs young adults and the Arab sector.

Reaching these young women
at a crucial age as they
transition to adulthood

- positive impact on emotional health
- active citizenship
- giving to society
- fostering responsibility
- self-empowerment
- career preparation
- fiscal responsibility
- conflict resolution
- decision making
- work ethics
- home economics
- setting personal goals
- one-on-one counseling
- coping methods
- interpersonal relationships
- dating and marriage counseling
- high school diploma
- vocational training
- college preparation
- women's health education
- aptitude testing

ATARA is a pathway to building
healthy, balanced and
well-adjusted lives

WITH YOUR HELP, ATARA can guide marginalized young women to a life of independence. The State and many non-profits have invested significant resources in this population only through the age of 18. At this critical transitional age to adulthood, when State funding of this group has ceased and the risks of poverty, abuse and homelessness are so much greater, ATARA's target population still has the possibility of escaping a life of struggle and dependence. They are vulnerable, yet still longing and hoping for a better life.

Your help today will make a world
of difference in a young woman's life.

ISRAEL
Make Israeli checks payable to:
Israel Volunteer Association
Tax ID: 580 025 708

Send to:
ATARA - Israel Volunteer Association
13 Hamelacha St., Lod, 7152025

UNITED STATES
Make US checks payable to:
P.E.F. Israel Endowment Funds, Inc.
With a recommendation for
The Israel Volunteer Association
Charity #58-0025708

Send to:
ATARA
c/o Michele Bardash
786 Washburn St.
Teaneck, NJ 07666

You can also donate through
our website.

www.atara.org

For more information, please
contact info@atara.org



Independence | Dignity | Success

