



נפש Nefesh
בנפש B'Nefesh



Lone Soldier Program

Serving the heroes who serve us and
supporting the parents of Lone Soldiers



lonesoldierparents@nbn.org.il

NEFESH B'NEFESH



“Nefesh B’Nefesh in cooperation with the Israeli government and The Jewish Agency for Israel, is dedicated to revitalizing Aliyah from the USA and Canada by removing or minimizing the financial, professional, logistical and social obstacles of Aliyah and the move to Israel.”

IDF Disclaimer: The role of Nefesh B’Nefesh and its partners is to assist new immigrants to Israel who are drafted to the IDF. It is not the objective, or part of the scope of operational activities of the organization or its partners to help recruit soldiers for the Israel Defense Forces.



WHAT WE WILL TALK ABOUT

- Who we are?
- Lone Soldier Rights and Benefits
- Tips for Lone Soldier Parents
- Q & A

MEET THE LSP TEAM



Noya Govrin
Program Director



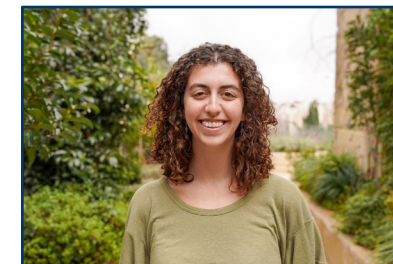
Hila Buzaglo
Program Consultant



Avi Ziv
Program Consultant



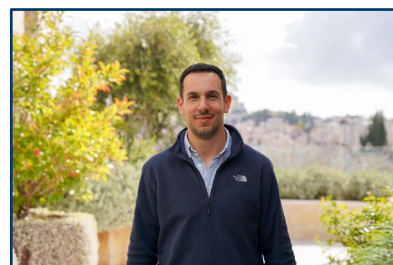
Ban Yablon
Byablon@nbn.org.il



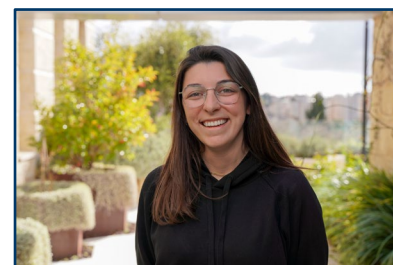
Samantha Agranoff
sagronoff@nbn.org.il



Natalie Ozeri
nozeri@nbn.org.il



Federico Winarz
fwinarz@nbn.org.il



Asya Kyselyova
akyselyova@nbn.org.il











Seva Gamidi
sgamidi@nbn.org.il



Laura Roudine
lroudine@nbn.org.il

UNIQUE NBN/FIDF LONE SOLDIERS PROGRAM

-  24 / 7 Hotline - *6563
-  Contractual Relationship with IDF
-  Financial Assistance
-  Advocacy – Connected to every Gov. Ministry
-  Parents Connection and Support
-  Support soldiers during Iron Swords
-  Social Events and Programming
-  Post Army Counseling - Employment and Education (job board, network, mentors)





LONE SOLDIER RIGHTS & BENEFITS

RIGHTS & BENEFITS - IDF



VACATION



FREE FLIGHT*



HOUSING



PARENT VISITS



YOM SIDDURIM



SALARY

HOUSING



KIBBUTZ



BET HACHAYAL



RENTAL



"ALACH"
APARTMENTS

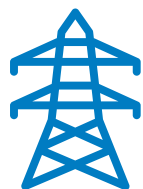


ADOPTIVE FAMILY

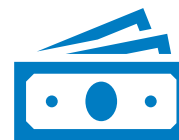


HABAIT SHEL
BENJI / Michael
Levin Housing

RIGHTS & BENEFITS - GOVERNMENT



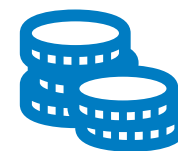
ELECTRICITY
BILL



MISRAD HABINUI



ARNONA DISCOUNT



MISRAD HAKLITA

IDF WARTIME BENEFITS

Past

IDF Grants

- 3000 NIS for released Lone Soldiers who couldn't use their flight voucher during service
- 3000 NIS for Lone Soldiers living in the North and South border communities
- 3000 NIS for active service combat soldiers

Ongoing

Grants

- Keren Hasiyua varying amounts for reserves duty soldiers
- Varying amounts for soldiers injured during the war
- 3000 NIS for released Lone Soldiers who couldn't use their flight voucher during service



WARTIME EFFORTS

WARTIME EFFORTS

- Made thousands of calls during the war to our soldiers.
- Recruited over 100 multilingual mental health professionals' volunteers.
- Established a logistics support center for Lone Soldiers who requested logistical assistance, such as warm clothing, blankets, transportation, and more.
- Provided in-person support and visited soldiers at Michve Alon Base.
- Handled hundreds of inquiries from abroad regarding Aliyah and IDF service.







Additional Support for Lone Soldier Families:

- Established a 24/7 hotline for Lone Soldier's parents, providing answers and emotional support.
- Operation hug
- Hosted total of 14 webinars with the IDF Spokesperson Unit and mental health professionals
- We held six parent gatherings in Israel to support parents of Lone Soldiers

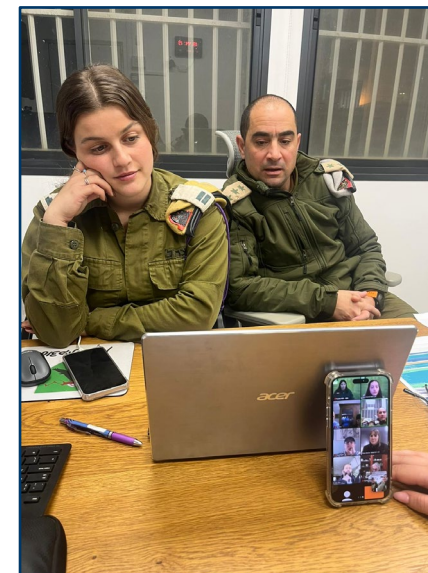
OPERATION HUG



TIPS AND THOUGHTS

-  Expectations vs Reality
-  Information is Power
-  Remote Parenting and communicating with your Chayal/Chayelet
-  Teach them to actively pursue their rights
-  Mixed Feelings
-  The LSP Team is here for your soldiers!

PARENTS CONNECTION EVENING



PARENTS OF LONE SOLDIERS



Webinars & Seminars



E-MAIL:

lonesoldierparents@nbn.org.il



NEWSLETTER



PARENTS HOTLINE:

Abroad: +1 201-605-7440



MENTAL HEALTH RESOURCES



Army Mental Health Professional (FREE)

*6690 Ext.3

Better Help (6 MONTHS FREE)

Online Mental Health Professionals from North America

Eran ער"ן - Emotional First Aid (FREE)

Hotline Hebrew: 1201

Hotline English, Russian, Spanish, French, or Amharic: *3201

WhatsApp: +972 52-845-1201

Get Help Israel (PRIVATE 150 SHEKELS)

*150 shekel per session

IMPORTANT CONTACTS

Emails

lspen@nbn.org.il

Lonesoldierparents@nbn.org.il

Hotline for Parents

+1-201-605-7440

Hotline for Soldiers

*6563

Merkaz Bodedim IDF

Phone (Israel): 03-569-1000 Ext. 2

Whatsapp: +972-52-943-7725

Email: me.bodedim@mail.idf.il

Public Inquiries (Pinot Zibur)

Hotline: +972-73-372-0020

Email: 1111@idf.gov.il

Meitav Moked Olim – HR Unit

Division for New Immigrants

Email Israel: joinidf@digital.idf.il

Email Abroad: meitav@newyork.mfa.gov.il

Whatsapp: +927-52-945-8579





נפש Nefesh
בנפש B'Nefesh

THANK YOU!

lonesoldierparents@nbn.org.il