ANNUAL REPORT

2024 in Review

Our Programming

Financial Information

Keren Gefen is a non profit organization that provides emotional and wellness support to fertility challenged women in Israel at minimal cost.

2024

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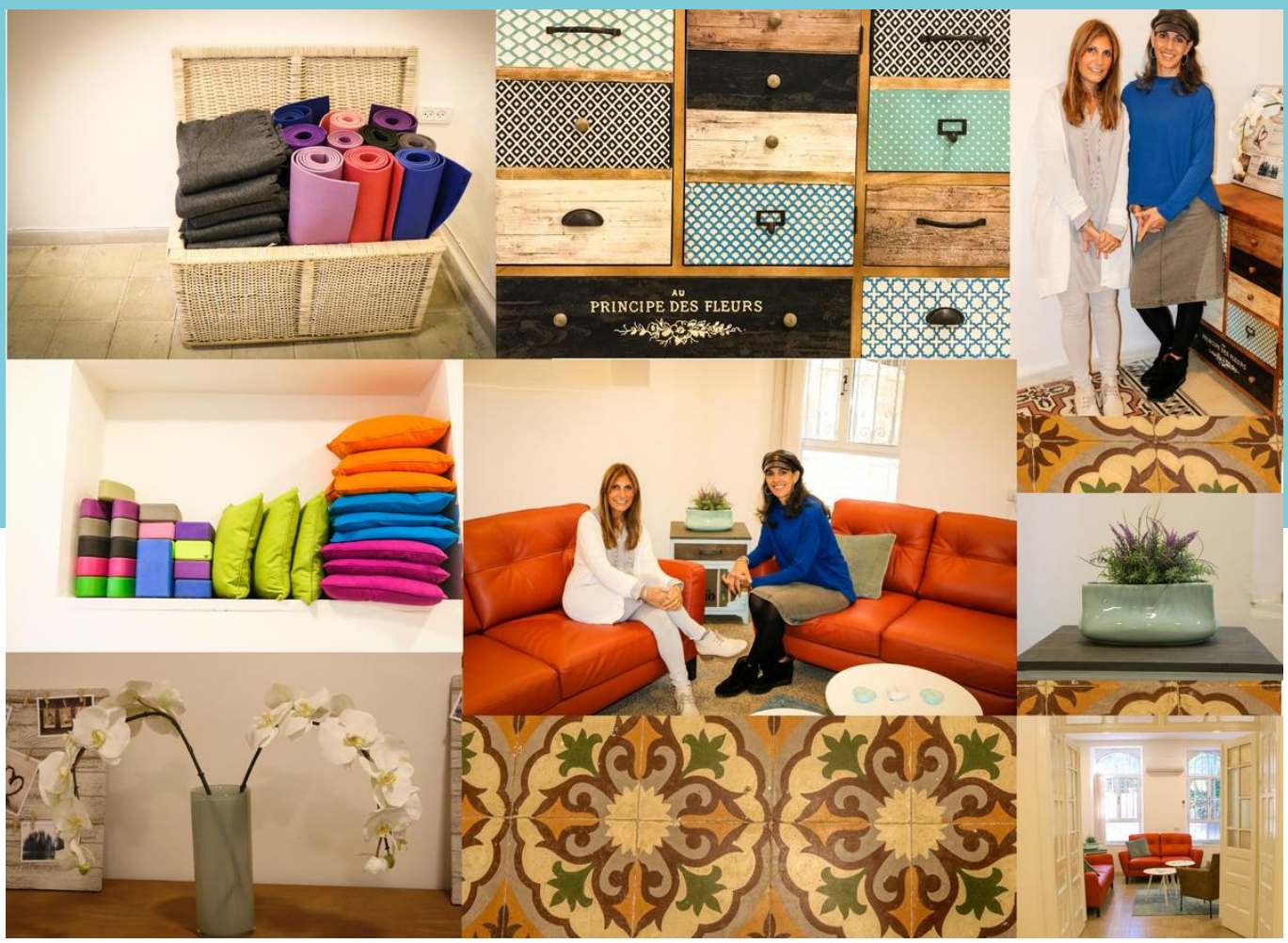
OUR MISSION

Keren Gefen was established in May 2014 as a non-profit organization to provide emotional and wellness support to fertility-challenged women. Our activities are based in the warm and nurturing Gefen Center, located in the German Colony in Jerusalem. It is well known that psychological barriers such as stress and depression, often brought on by prolonged infertility treatment prevent many women from becoming pregnant. We have created an array of innovative programs to address these barriers and significantly increase chances of pregnancy.

Gefen fulfills a crucial need. Although Israel is a country that encourages birth by offering free IVF treatment to fertility-challenged women, there is no accompanying psychological support. Women with fertility challenges suffer from anxiety, depression, low self-esteem, and problems in their relationship with their partner. Harvard research shows that these stressful emotional states lower fertility potential by up to 30%. Gefen steps in during this most difficult period with exceptional wellness and psychological services to supplement their medical treatment.



GEFEN CENTER

The Gefen Center, located on a quaint and quiet street in the German Colony of Jerusalem, is the heart of Gefen activities. The serene setting and nurturing environment creates a warm and welcoming refuge for women struggling with infertility.

As we move forward into 2024, the Gefen Center serves as a home for healing where fertility is encouraged, women are empowered, and all who come feel welcome and accepted.

KAREN FRIEDMAN
FOUNDING DIRECTOR

KADEN HARARI
PROGRAM DIRECTOR

GEFEN FERTILITY

MIND BODY WORKSHOP

The Mind/Body workshop is a supportive group made up of 10 women. These women share similar goals and challenges. They meet once a week for an hour and a half for ten weeks with a fertility therapist (psychologist or social worker expert in the field.) Together they share and build a supportive community, learn relaxation techniques to reduce stress, and do cognitive restructuring to help challenge negative feelings. Gefen has recently piloted a successful workshop for men and is actively recruiting for a fertility workshop for couples.

"CBT helped me see the connection between my thoughts, my feelings and my behavior and that I had the power to change the cycle which helped me to think, feel and act in ways which enabled me to manage my fertility journey is a much better way."

Of those involved in Keren Gefen participate in Mind Body Workshops

GEFEN FERTILITY

YOGA WORKSHOP

Keren Gefen incorporates yoga classes as an integral part of their program. Yoga is a wonderful support for women going through fertility treatments. Through breath work, yoga calms the mind and the nervous system. Moving the body, especially stretching the hips, pelvis, groin and lower back helps to increase the blood flow to these areas. This in turn supports healthy reproductive organs.

"Allow the breath to come, effortlessly. Accept the support that the earth is giving; let go. Scan the body and breath with acceptance and compassion."

GEFEN FERTILITY

GEFEN'S PROGRAMS

- MIND/BODY WORKSHOPS
- COGNITIVE BEHAVIORAL THERAPY WORKSHOPS
- FERTILITY PRESERVATION
- TRANSFER WITH TRANQUILITY
- FERTILITY YOGA
- FERTILITY YOGA FOR HAREDI WOMEN
- YOGA JOURNALING
- YOGA FOR WOMEN'S LIFE CYCLE
- FERTILITY HEVRUTA
- REFLEXOLOGY FOR FERTILITY
- AROMATHERAPY MASSAGE
- TAPPING
- ACUPUNCTURE
- INDIVIDUAL COUNSELING SESSIONS
- MEN'S GROUPS
- NISHMAT-GEFEN YOATZOT HALACHA FERTILITY COUNSELORS PROGRAM
- TEFILAT CHANA - HOMEMADE MEALS

NEW AT GEFEN

- RECURRENT MISCARRIAGES WORKSHOP
- A NEW PROGRAM FOR THE FRENCH-SPEAKING COMMUNITY

COMPLEMENTARY TREATMENTS

As our participants get closer to their treatments, we offer an array of programs to help them best prepare by offering discounted sessions in Tapping, Reflexology, Acupuncture and Aromatherapy Massages. Additionally, We offer one on one sessions with women who are going through the IVF process. Before the fertilized embryos are transferred back we meet with them either on the morning of the transfer or the day before to prepare them emotionally and physically.

GEFEN FERTILITY

MEET THE TEAM

DR. KAREN FRIEDMAN
FOUNDING DIRECTOR

KADEN HARARI
PROGRAM DIRECTOR

PROF. MENI KOSLOWSKY
DIRECTOR OF RESEARCH

DR. JORDANA HYMAN
MEDICAL ADVISOR

DR. RHONDA ADESSKY
CLINICAL DIRECTOR

RAV YISRAEL COHN
MEN AND COUPLES PROGRAM

JILL LEVENFELD
CREATIVE WRITING AND YOGA INSTRUCTOR

MICHAL LIPSCHITZ
MSW Social Worker

SIGALIT REUBINOFF
PROGRAM
COORDINATOR
RIMON CENTER
HADASSAH

YEHUDIT BEN AVRAHAM
yoga instructor

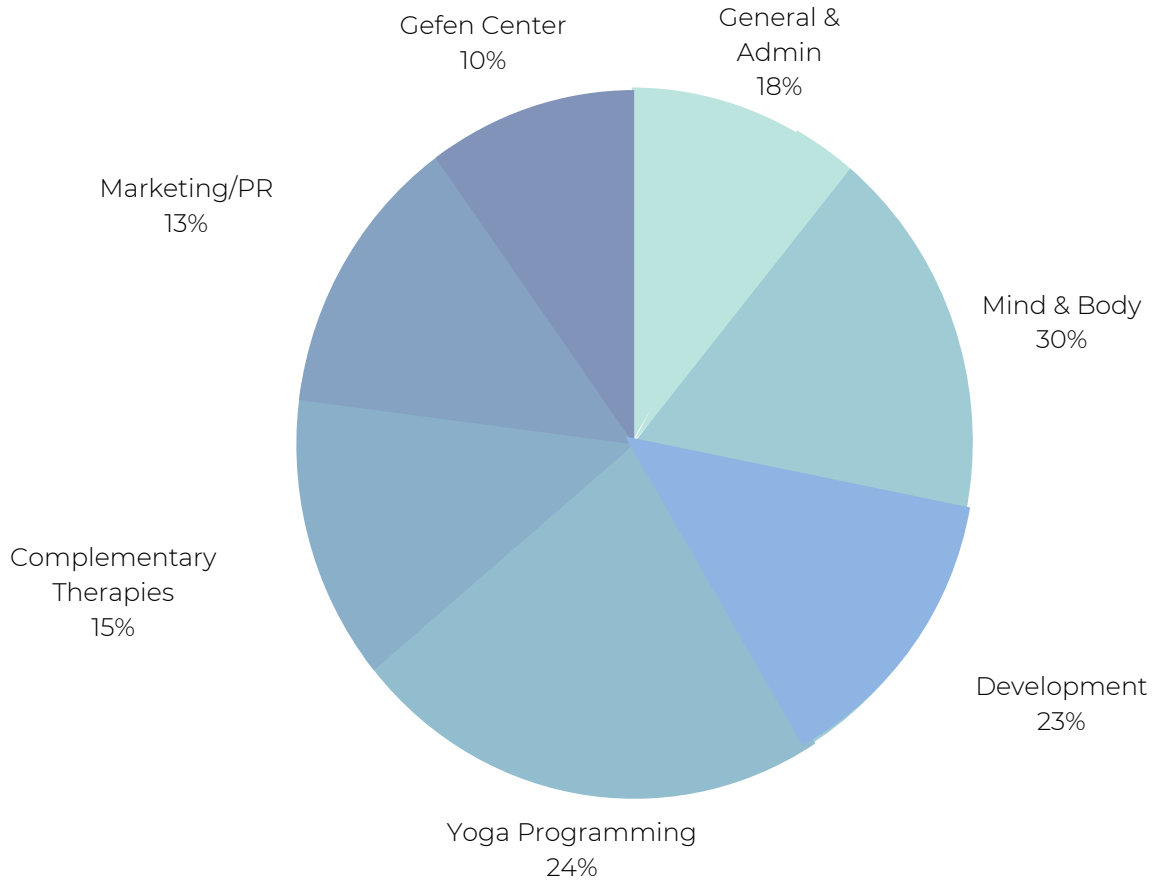
SARAI HYMAN
yoga instructor

LEAH MAZEH
SOCIAL WORKER

JEZABEL COHEN
ADMINISTRATIVE
DIRECTOR

LAURA GILINSKI
yoga instructor

GEFEN'S BUDGET 2023/24



Gefen Center: $ 110,283.242
Yoga Program: $26,467.978
CBT Mind / Body: $33,084.972
Complementary Therapies: $16,542.48
Marketing/PR: $17,403.04
General & Admin: $20,376
Development: $38,313.96
Total: $146,711.727