



San Diego welcomes the first POM unit to the West Coast. We are thrilled to join an international POM community who offer hospitality and love to the IDF veterans suffering from combat stress.

Peace of Mind

Metiv | The Israel Psychotrauma Center

DECEMBER 8 - 15, 2019

What is Peace of Mind?

Peace of Mind provides a time and space for IDF combat veterans to process their combat experiences in a supportive environment including a week spent hosted by a Jewish community abroad:

- 45 hours of group counseling
- Excursions throughout San Diego
- Building connections with community members

Moving forward together

How can I help?

Every little bit helps. While our IDF combat veterans are here, we will need:

- Host families
- Connections to attractions, excursions and entertainment

For more information: <https://pomsandiego.org>

Email: Nina Brodsky, nhbsky@gmail.com
Co-Chair, Peace of Mind, San Diego

<https://youtu.be/f1639ubjiuQ>

<https://youtu.be/1OF1oUCKqQ8>

WWW.jpost.com/Opinion/Peace-of-Mind-600643

HOSTED BY:



**COMMUNITY
PARTNERS:**

As Community Partners in the inaugural POM visit:



**Congregation
Beth Am**

בית עם

Congregation Beth Am will generously provide the daily dedicated therapy space needed.



ēt San Diego and Oren Koreh will provide daily lunches and snacks.

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