

Nourishing Hearts and Homes

Kol Bonaich offers a vital service to young people from marginalized backgrounds within the Charedi and Orthodox Jewish communities in Hackney, Haringey, and Barnet



Our Nourishing hearts and homes offers Free Shabbos meal service providing more than just sustenance; it offers a sense of belonging, emotional support, and a spiritual connection for those who may lack stable family environments.



We are dedicated to creating a safe and nurturing environment for young people facing significant daily challenges, often stemming from poverty-stricken homes and limited access to stable support systems.



Our services

Weekly Shabbat Meals: We provide three traditional meals each week:



Shabbos Night Seuda: A Friday night meal fostering community and companionship.

CHECK FOR MORE

Mentorship and Guidance: Support and mentors are available for guidance and inspiration.



Inspirational Discussions: Weekly parsha discussions foster deeper understanding and connection to Jewish traditions.

Motzei Shabbos Celebrations: Music, song, and dance with delicious, freshly cooked, nutritious food.

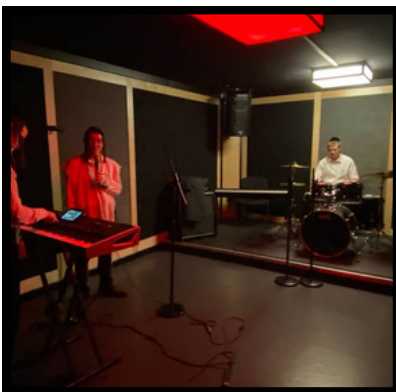


Shabbos Day Seuda: A Saturday main meal strengthening bonds and promoting unity.



Motzei Shabbos Melaveh Malkah: A Saturday night farewell meal offering hope and encouragement.

Additional Activities:



Singing and Music: Participants engage in Shabbat zemirot and other Jewish songs, enhancing the spiritual ambiance.



Social Networking: Opportunities to make new friends and connect with peers.

Challenges We Address

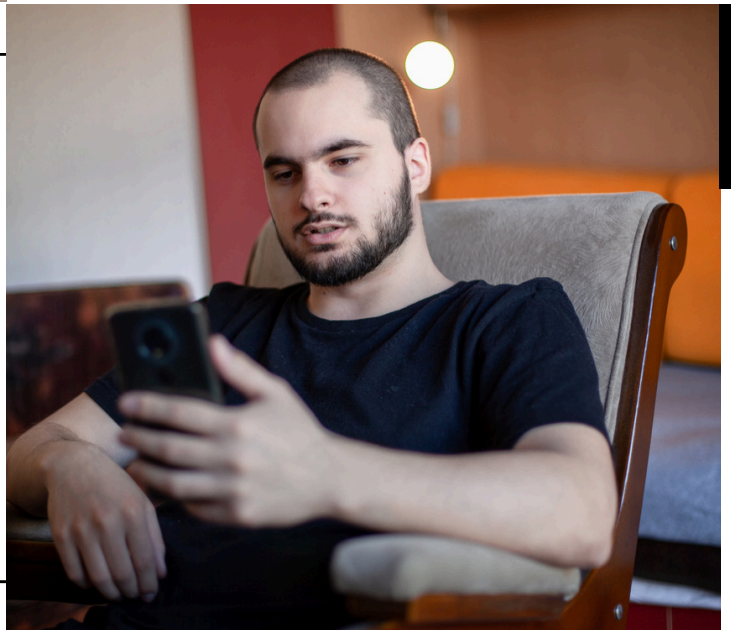
Poverty and Hunger: *We recognize that many young people struggle with food insecurity, relying on our nutritious meals for their health and wellbeing.*



Emotional Distress: *Our program addresses the emotional needs of teens who face loneliness and disconnection, often due to unstable home environments.*



Social Isolation: *We foster community bonds through shared experiences, helping young people build meaningful relationships and connections.*



Heading Our Goals

Emotional Support: Our meals create a sense of belonging and provide emotional comfort, bridging the gap between isolation and inclusion.



Community Building: *Participants experience the joys of Shabbat in a supportive environment, fostering unity and shared experiences.*



Cultural Sensitivity: *We respect Jewish traditions, offering culturally sensitive support that values family and faith.*

NUTRITIONAL SUPPORT:



Our meals ensure that young people have access to nutritious food, addressing hunger and supporting their overall health and wellbeing.



We are the future of your business

FEEDBACK

Participants consistently express gratitude for the warmth and stability our service provides. Feedback highlights the positive impact on their mental health, social connections, and overall wellbeing.

Conclusion

Kol Bonaich's Free Shabbos meal service is more than just a meal; it is a lifeline for young people in need. By supporting this initiative, you contribute to creating a safer, more inclusive environment where young individuals can find hope, belonging, and emotional support, ensuring they have access to nutritious food and the resources needed for their health and wellbeing.

NUMBER OF YOUNG PEOPLE SERVED

We serve approximately 80-100 young people each week, with ages ranging from 10 to 25 and 50 different families. Our service has grown steadily, reflecting the need for such support within the community.

Join Us in Making a Difference!

By supporting Kol Bonaich, you are helping to create a safer, more inclusive environment where young individuals can find hope, belonging, and emotional support. Together, we can ensure that these vulnerable teens have access to the resources they need to thrive.