

Shavuot 2023 all night learn-a-thon

in support of

EZRAH L'NEFESH

Helping minds

Thank you for signing up to support Project Ezra's newest initiative *Ezrah L'Nefesh*, Helping Minds. The goal of *Ezrah L'Nefesh* is to raise funds for those in need of mental health support. As many of us have seen, the need for mental health treatment has greatly increased over the last few years. These treatments can be extremely costly, causing many people to forgo the care they desperately need. The combination of these two factors has led to a mental health crisis within our own communities and has left many of our friends and neighbors struggling silently through internal battles.

The primary aims of *Ezrah L'Nefesh* are to (I) create a database of NJ-licensed mental healthcare practitioners that residents of Bergen County Jewish communities can call and get referrals, regardless if they need financial assistance; and (II) help cover the cost for mental health treatment for those in need.

This *Shavuot* we're excited to introduce Project Ezra's first ever Learn-a-thon! Participants will stay up late at night (or anytime over *chag*) and learn in support of those who struggle to sleep at night due to their mental health. This is a unique opportunity to unite all of us through our children and support this wonderful new initiative. Donations can be made online, cash, check, or venmo'd to @projectezrah.

Please fill out the below information if you would like to participate:

Child's Name: _____

School: _____ Grade: _____ Time learned: _____

Shul (if applicable): _____

All participants who submit this sheet will be entered to win one of three \$50 Amazon gift cards!

To enter raffle: Email a clear photo of this sheet to emma@ezrah.org Deadline to enter: **MONDAY, JUNE 5th**.
Everyone who learns can enter the raffle! You do not need sponsorships in order to win!

Name of Sponsor	Sponsor's relationship to child	Amount per time (ex: \$10/hour)	OR sponsor per night! Total Sponsorship amount:	How would you like to make donation? (cash, check, online, or Venmo)	Sponsor email address

Donations made via:

- A) Cash or check, please send to: Project Ezra, 95 Cedar Lane, Suite 12, Englewood, NJ, 07631. Please indicate that this is for *Ezrah L'Nefesh* in the memo.
- B) Online, please visit: Donate - Project Ezra. Please indicate that this for *Ezrah L'Nefesh* in the drop-down options.
- C) Venmo: Please venmo @projectezrah. Please indicate that it is for *Ezrah L'Nefesh* and the name of the child you're sponsoring!



Text a photo of this box to your sponsors for donation info!

