

Thank You to Keren Gefen Testimonials from Gefen Members

Dear Karen,

I wanted to thank you and the staff of Keren Gefen for your assistance during the time I was trying to conceive.

I benefited greatly from the yoga classes given by Ilana and the private session with Jill.

The results are a gorgeous set of twin girls, Ayala and Naama, who were born in June.

Thank you for the support and resources which made my journey easier and more pleasant.

Gefen Member, 2016



I feel supported, cared for, and that I have physical and emotional help during this difficult time. I am immensely grateful and feel honored for the one-on-one sessions offered by Keren Gefen. It literally warms my heart to know there are people out there that care so much to help others in this process and teach them skills of mindfulness relaxation and yoga to help them get through and keep going with very difficult and stressful situations.

Gefen Member, 2016

Dear Karen,

I met you while undergoing fertility treatments at mount Scopus hospital.

I have no doubt that providence was involved in my meeting you, director

Of such a life -changer organization!

You told me of the support group and yoga classes that were ongoing and I immediately signed up!

Both the support group and yoga class contributed to a calmness, a much more stable mental state of mind, emotionally more perked up being! I have no doubt that my FIRST attempt at IVF's and its SUCCESS and the following healthy pregnancy and birth of my beautiful daughter were all part of a grand plan ordained from above but nevertheless, your organization Gefen contributed immensely to it from down here!!!

Thank you Gefen for existing, and thank you, Karen, for making it happen!!

Gefen Member, 2015



I am finally pregnant after 3 years of trying... I really feel that the therapy and Yoga were a winning combination that allowed me to become pregnant...I am now able to cope with stress, uncertainty, I feel in control.

Gefen Member, 2014

I wanted to express my deep feelings regarding a special program that I have become acquainted with.

I thank God, for this program has helped us bring great joy in to our home, and I hope many more couples will benefit from it.

While undergoing treatments and coming in for check-ups I met Dr. Karen Friedman who runs the "Gefen Center", a project whose sole purpose is to bring more children under Hashem wings and bring happiness to Jewish homes (to Am Israel). When Dr. Karen called a month later saying that the group is opening I said I would give it a try, not at all sure that I would continue. But let's just say that I left the session, full of amazement and emotion, knowing there is no doubt that I will keep coming!!! We all waited eagerly for the weekly sessions, our conversations were guided in a very professional yet warm and calming manner - and this was a special period for all of us.

Most importantly – 5 of the 12 women in the group gave birth in the past year K"H!!!

This program can give you so much, for your soul – things that you couldn't imagine before you experience this yourself. I highly recommend the program! May we all be blessed with good news!

[Gefen Member, 2016](#)



Thank God I gave birth to a beautiful baby boy 2 weeks ago. His brit was last shabbat. Thanks for everything. Lots of continued luck in all your endeavors. I have recommended the groups to many of my friends who are going through infertility - and I am so thankful to you for the group. It was really an important part of my journey through infertility.

[Gefen Member, 2017](#)



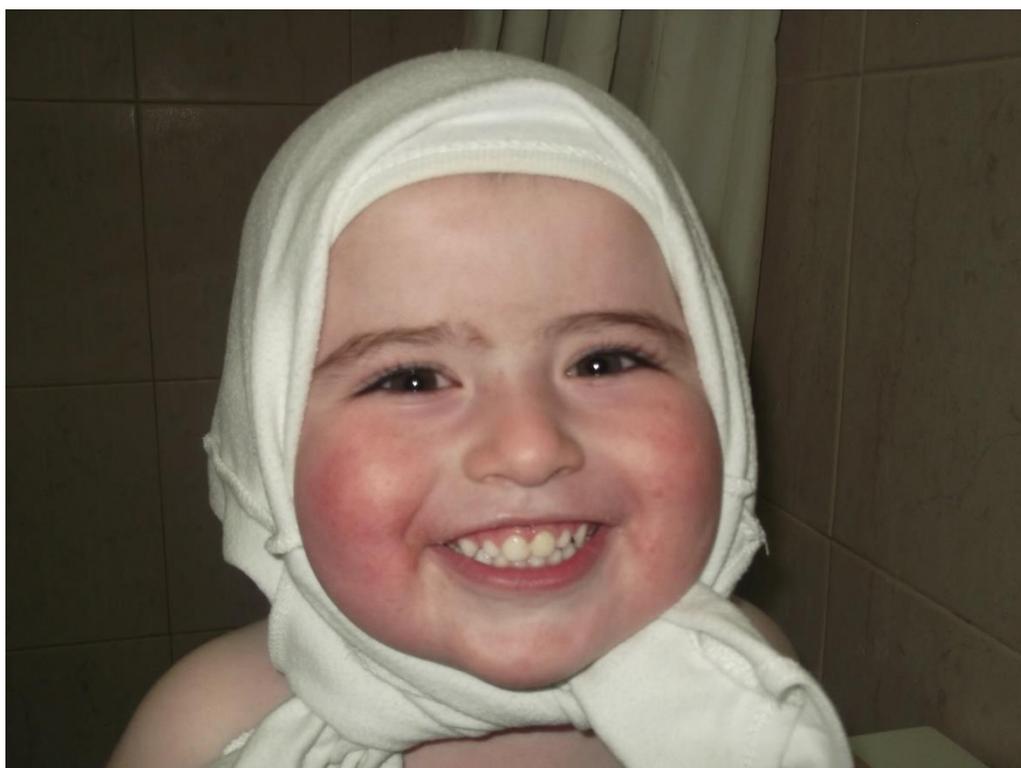
I wanted to take just a minute to tell you how much your organization is helping me get through the IVF process! I am so grateful for both the yoga sessions (with Kady) and the mind-body, soul support group with Zvia. I feel so fortunate that you and your colleagues exist; that you created this space for us to connect, share, mourn, support, and help each other. I look forward every week to yoga and to our group session – it's an amazing and inspiring group of girls. I have my nearly 2-year old daughter through IVF and there is no comparison between this time and last in terms of how I'm better able to cope.

[Gefen Member, 2016](#)

Dear Karen and all the wonderful Gefen staff!

I'm so happy to tell you that I gave birth to a sweet baby boy!! Thank you for your dedication, support and help. The conversations with Zvia and the CBT workshop gave me so much strength! It would have been impossible for me to get through this period without you all.

[Gefen Member, 2017](#)



We would like to thank tremendously Keren Gefen, the amazing organization which offers a selection of therapeutic groups which we can choose from, such as CBT, yoga, adoption groups and more.

Each one of these groups gives us amazing tools for coaching in all the hardships, and physical techniques for relaxing and releasing pain.

We can say that every penny goes straight to the cause.

Thank you so much for all the support and for always being there for us!!

We can't thank you enough!!

[Gefen Members, 2016](#)

Hello Karen

Thank you so much for your wonderful activities. Baruch Hashem I gave birth to a baby boy recently!! Greatly thanks to you!!

Gefen Member, 2017



Hi Dr. Friedman,

I wanted to thank you for organizing our weekly yoga sessions with Elana! Wednesday afternoon yoga has become a highlight of my week: a special hour and a half of tranquility and self-awareness in between work and school, housework and treatments. Yoga has helped me look at the process of fertility treatment as a chance to get to know my body and myself better and to connect and empathize with the experiences of others. I feel less stressed and have an easier time remaining optimistic in general and regarding the treatments in particular. I find it extremely beneficial to have this time to relate to what I am going through in a relaxed and supportive setting and in a personal, constructive, and non-invasive way. Thank you!

Gefen Member, 2015

Dear Dr. Karen Friedman,

During my last IVF cycle, I participated in yoga classes and private therapy sessions with you as support for my formal medical treatment. I would like to point out that the yoga workshop as well as the private sessions helped me very much to endure the treatment process in its different stages, in a way that allowed me to overcome my emotional difficulties that come with this type of treatment.

I'm sure and convinced that this framework contributed a lot to the success of the treatment. It is clear to me that without these mind- body treatments, these women would not successfully endure the treatment process that come with physical and mostly emotional difficulties.

During the series of current treatments I was glad to see this project continuing to accompany and support additional woman that are going through this process. The women were glad to see that the project achieved broadening and recognition by the professional team.

I would like to once again give my gratitude for the assistance I got; it helped me come to the decision to repeat the IVF process so that I can bring another child into the world.

Thank You so much.

Gefen Member, 2015

Dear Karen,

we would like to extend our gratitude to you and Chaya for the CBT English speaking group we had the chance to attend at the Gefen Center on Wednesdays. It has been a great opportunity for us to start identifying our inner resources in dealing with our fertility challenges.

Chaya, our group leader, has tremendously helped us in binding in a trustful environment, and has given us very interesting and useful methods to position ourselves with respect to our specific needs.

Gefen Members, 2018

Hi Karen,

I think it isn't possible to fully express and explain all the tools you have given me for coping. There is great value in this project.

I really think this project is amazing and important.

[Gefen Member, 2015](#)

"All grass has an angel strikes him and tell him - growing!" (Bereshit Rabba 10 6)

Dear Dr. Zvia!

Our angel from heaven! Your uplifting and acceleration

Our thank you - will never cease...

You filled us with strength to continue, grow and flourish. We felt in a safe place calm and pleasant atmosphere. You gently sowed sprouts, fertilized and hoed our weeds carefully.

You taught us from your wisdom about improving our mood, focusing on trying to remove bad feelings, how not to break our spirit, encourage us to survive even when we are in our worst.

You opened our petals, prepared us toward parenting and trained us to learn a new language.

You enriched us faith and hope with wisdom and love, showed us the way of accepting different opinions and not criticizing and gave each one individual attention.

We pray, god willing-

"Hey that sow in tears Shall reap in joy."

[Gefen Members, 2015](#)

You give each of us the personal empowerment to take a small step. An intimacy formed, which enabled us to speak freely. Amidst all the complications and crying there's finally friendship – which is a huge source of strength. I think that the power of a group like this is that it becomes a kind of island for an hour and a half a week, where we can remove our masks. Here we are truly understood. There's a place where we can be completely honest. The group changed my life.

[Gefen Member, 2015](#)

I wanted to thank you for the program I was part of. it was two classes, Nutrition and Yoga. I would come home so energized and full of hope. May Hashem grant you with much strength to continue your amazing work and hopefully I will call with good news real soon.

[Gefen Member, 2016](#)

Every week as I left the yoga class I left with a new strength and I would like to thank the staff of Gefen for the amazing kindness that they do. Know that because of you there is more life, from many aspects—be it a new life that a woman feels because she is less alone or less afraid of her situation, or the renewed body and spirit that she feels, or through giving birth to a child, of which you are an obvious part. May you keep growing and bringing more life to this world.

[Gefen member who has given birth recently](#)

I never saw myself doing acupuncture. It just isn't my sort of thing. But after four years of trying and 5 unsuccessful IVF cycles, I was willing to try anything. A friend told me about Keren Gefen and I started going to Pnina once a week. From the start, she made me feel so comfortable and at ease. I started looking forward to the sessions, as much to talking with Pnina as the treatment itself. She is so warm and professional! B"H the sixth IVF worked. Keren Gefen has established such an important center with incredible services! Thank you!

[Gefen Member about Acupuncture, 2018](#)

Without going into more details of our journey we feel it is very important to talk about infertility since it is something that so many couples are facing and many are facing it silently. Being on this side of the rainbow is one of the most special feelings in the world but we do not take it for granted for one minute and want to offer our love and support if you or anyone you know is going through anything similar please feel to reach out. We have been there and found amazing resources like Keren Gefen and many others and would be so happy to help pay it forward.

[Gefen Member speech at Brit about Gefen, 2018](#)