



RESOURCE DIRECTORY

Programs & Assistance
for Samchainu Families

SAMCHAINU 

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WHEN YOU ARE ON YOUR OWN,

navigating the complexities of life can be challenging - and we want you to have every possible resource to do so.

In these pages, we have compiled a list of programs, services and organizations that are available to the women of Samchainu. The resources listed in the first part of the Directory are widely available, regardless of where you live. The second part of the Directory contains resources for specific communities.

As you read through these pages, allow yourself to feel the embrace of Klal Yisroel. You are surrounded by a community of people who care and want to make it easier for you.

We encourage you to utilize these services as needed. Most of all, remember-

YOU ARE NOT ALONE.



We welcome you to notify us of other services available in your community that we may not be aware of. Please email us at resources@samchainu.org so that we can include additional resources in future editions of this Directory.

Thank you!

SAMCHAINU PROGRAMS

EREV SHABBOS CHIZUK CALL

Get a much-needed weekly boost of chizuk and validation with a weekly Erev Shabbos Dvar Torah call.

LIVE & ZOOM EVENTS

Join your Samchainu friends for evenings of camaraderie and support. Members world-wide can join zoom webinars around the year.

SEASONAL GIFTS

We're thinking of you always, especially during the challenging pre-Yom Tov months. You give to everyone else, let us treat you!

RETREATS

Recharge your batteries with an overnight retreat designed to help you heal and have fun, too!

CHANUKAH & PURIM PARTIES

Sometimes happy times feel like lonely times. Our Chanukah and Purim parties sweep you into the joyous mood of the Yom Tov.

SHABBATON

Experience the love & support of other women who understand. Enjoy lavish meals, incredible speeches, and the guidance of caring Rabbanim & therapists. A Shabbos to remember!

AND MORE!



SECTION 1

General Resources

Available to members across all locations

SOCIAL SECURITY

Find out if you and/or your children are entitled to benefits.

SOCIAL SECURITY ADMINISTRATION

1-800-772-1213

Open from 7 a.m. to 7 p.m.

- The SSA provides a monthly stipend for eligible individuals. Contact Social Security after the Petirah to determine if you are eligible for benefits and to apply.
- Survivor Benefits are available to surviving spouses (beginning at age 60) and minor children who are orphaned of either parent (up to age 18, or longer if child is enrolled in school) if the deceased spouse/ parent earned a paycheck.
- You will only begin receiving benefits once you apply; no retroactive benefits will be paid.

MRS. SHAINDY MOSKOWITZ

646-246-3930

- Mrs. Shaindy Moskowitz assists and guides widows and widowers through this process at no cost. Feel free to call her for assistance.

MENTAL HEALTH

Referrals and subsidies

KEREN EIZER L'NEFESH

732-730-7538

- Will pay 30%-50% of therapy for High School, Mesivta and Seminary age children. The form needs to be initiated by a teacher or principal and then completed by the mother. You need to have chosen a therapist before you apply. Links can help help you find the right therapist for your child. (See page 11)

RISE

848-837-7473

cperlstein@rise-resource.org

Referrals and funding for quality mental health professionals, for widows only. A project of Relief Resources.

FINANCIAL SERVICES

Financial coaching and assistance

AVIGDOR'S HELPING HAND

718-568-9720

- Assistance with financial issues during the first six months after the loss of a spouse. Samchainu can serve as a reference for you; please notify us once your application is submitted.

LEGALLY LINKS

718-305-6080 Ext 311

Legallylinks@wereinitttogether.org

- A division of Links.
- Financial & legal guidance – no question is too big or too small. This confidential service is open to men or women who lost a spouse, as well as girls or boys who lost a parent, regardless of whether their parent has remarried or not.

GROCERY ASSISTANCE

Rabbi Laufer 718-782-5349

7825349@gmail.com

- Grocery accounts in stores for meat & fish for families who lost a parent. Available in NY, NJ, PA, CT, MD & Canada.

FINANCIAL SERVICES

MESAMCHEI LEV

718-506-1400

- Financial assistance before Yom Tov

MESILA

212-784-6780

www.mesila.org

- Financial empowerment & coaching.

CAMP FUND

www.kidsincampfund.com

- Helps negotiate a better rate at camp.

ACCOUNTING & TAX SERVICES

Jidacpa@gmail.com

- Free gemach for accounting & tax services for people who have lost a spouse, and children who have lost a parent.

WEDDING ASSISTANCE

Resources to help with wedding expenses

KOL REANA SIMCHA FUND

718-419-8690 | A division of Samchainu

- Assistance to Samchainu members marrying off children.

AVIGDOR'S HELPING HAND

718-568-9720

- Financial assistance with wedding expenses. Samchainu can be a reference for you; let us know once you apply.

AVIHEM

718-480-0205 | www.avihem.org

- Helps pay for wedding hall rental in NY and NJ. Also provides clothing vouchers for chassanim and kallahs.

CHUPPA

347-449-3501 | www.chuppa.org

- Helps kallahs with housewares, linen, clothing, etc. To apply for assistance, call and leave a message.

BRIDAL BOUTIQUE

Dassi Hecht 929-461-7405

- Free Sheva brachos outfits for Kallah, private appts.
- Based in Crown Heights, open to Kallahs from anywhere.

WEDDING ASSISTANCE

YAD BATYA L'KALLAH

718-377-4349 | www.yadbatya.org

- Provides houseware & linen package to qualified Kallahs.

CHASDEI CHASHI

347-620-4145 | info@helpakallah.org

- Provides beds and dinette sets to qualified Kallahs.

YAD NECHAMA MINDEL WIG GMACH

347-408-8354

- Offers wigs at a discount price of \$400-450 to Kallahs

NETZACH FOUNDATION

Rabbi Shea Weinberger 718-360-7414

- Financial assistance for weddings in Lakewood, Flatbush, Monsey and Five towns.

SIMCHAS MAYER

www.simchasmayer.org

- Clothing for chassan/kallah, for residents of NY only.
Click on "contact", fill out the online information and they will send you an application.

ANEINU

718-871-4644

- Financial assistance for weddings.

RESOURCES FOR CHILDREN

Support & services for children who have lost a parent.

LINKS

718-305-6080

wereinitttogether.org

- Support for girls high school age & older who lost a parent. Connect with other girls who experienced loss.
- Programs include a bi-monthly magazine, Yom Tov get-togethers, a 24 hour Hotline, and an annual Shabbaton.
- Links can help match each child with the best therapist for him or her, and help fund therapy for children who have lost a parent and are in preschool through seminary.

LITTLE LINKS OF PEARLS

718-305-6080 Ext. 7

- Links' Junior Division, for girls in preschool through 8th grade. Program includes events, a newsletter and hotline.

SHLOMIE'S CLUB

718-305-6080 Ext. 309 | ShlomiesClub@wereinitttogether.org

- Services boys who have lost a parent.
- Fun events throughout the year (ages 6+), annual Shabbos for Bachurim (ages 13-17).
- 24-hour hotline: 718-298-4489

RESOURCES FOR CHILDREN

PILLARS

845-659-1788

- Monthly exciting get togethers and trips in Brooklyn, Lakewood and Monsey for girls 8th grade through age 24. Two yearly Shabbos retreats.
- PJs: Pillars Junior for girls 3rd through 8th grade.

OHR CHODOSH

347-451-5400

- Support for Yiddish-speaking boys and girls of all ages who lost a parent.

YALDEI YISROEL | A division of Torah Umesorah

Rabbi Mordechai Besser

212-227-1000 Ext 4540 | mbesser@torahumesorah.org

- Assists families nation-wide with school placement for students in grades K-12 whose current placement isn't working out due to academic, social or behavioral issues.

TUITION SCHOLARSHIP ASSISTANCE

Tuition@samchainu.org | A division of Samchainu

- For Samchainu mothers who need help obtaining a tuition scholarship from their children's yeshivos/schools.
- Please email tuition@samchainu.org, and our team of Yeshiva Executive Directors will assist you.

MISCELLANEOUS

Other Programs & Services

SHUMATI HOME REPAIR & MAINTENANCE SERVICE 718-305-6722

- Professional handymen available free of charge to help with any repairs and maintenance needs around the house.
- Available in Flatbush, Boro Park, Williamsburg, Crown Heights, Monsey, New Square, Monroe, and Five Towns.

COMING TO ERETZ YISROEL FOR SHELOSHIM/YARTZEIT? 732-901-1066

- Assistance with arranging a minyan at the kever and a driver to/from the Bais Olam.

CRADLE

Ruchy Zions 848-837-7474

- Postpartum support for young mothers who have lost a parent. Cradles sponsors a baby nurse or 5 nights at your choice of Kimpeturin Home after the birth of babies 1-3.

SECTION 2

Community Resources

Availability varies by location

BROOKLYN-BASED RESOURCES

Available to those living in the greater Brooklyn area

HEICHAL HACHESED

Service for home repairs.
Shalom Kushner
646-939-8219

GROCERY DISCOUNTS

5% discount every time you shop at Glatt Mart. To sign up, call Gloria Perl at 718-376-7096. Please leave a clear message with your full name, address, and phone number.

OHEL FAMILY SERVICES

Mental health services.
718-851-6300.

JEWISH BOARD OF FAMILY & CHILDREN'S SERVICES

Mental health clinic & social services.
718-435-5700

COJO OF FLATBUSH

Free advocacy for immigration & housing problems, Social Security, Food Stamps, SSI and HEAP, assistance with health insurance, job placements.
718-377-2900

FLATBUSH ONLY

CHESED HELP & HOPE

Financial assistance fixing or replacing broken appliances. Apply online. Samchainu can be a reference.
www.chesedhelpandhope.org

FLATBUSH COMM. FUND

Financial assistance, tutoring, wedding assistance, Tefillin subsidies. Go website, click on "Apply for Help".
www.fcfund.org

LAKEWOOD-BASED RESOURCES

Available to those living in Lakewood & nearby towns

NAGILLA

Network of programs and support for women who have been widowed.

732-444-8541

nagillaoffice@gmail.com

CHEMED HEALTH CENTER

Health clinic, offers behavioral health counseling to children, teens & adults. Sliding scale for non-insured.

732-364-2144

LRRC

Lakewood Resource & Referral Center. Assistance with social services & benefits eligibility.

732-942-9292

OHR NOSSON MENTORING

Mentors for children grade 7+.

732-833-3652

LCSC

Mental Health clinic for children, teens & adults. Individual & Family Therapy; Support Groups; Assistance for Small Business Owners. Meals on Wheels program.

732-886-6964

MESILLA OF LAKEWOOD

Financial empowerment and coaching.

732-318-0928

TIFERES DEVORAH LKALLAH

Complete wedding package for kallahs.

732-719-5050

RABBI EZRIEL TAUBER

Support for mesivta-age bochurim who lost a parent.

732-278-3875 (call or text)

MONSEY-BASED RESOURCES

Available to those living in Monsey & nearby towns

TOMCHEI SHABBOS OF ROCKLAND COUNTY

Financial assistance, job
training and placement,
clothing before Yom Tov and
more.

845-356-0202

help@tomcheshabbos.org

COMMUNITY OUTREACH CENTER

Social services, job training &
placement.

845-356-9600

info@coconline.org

KUPATH EZRAH

Financial aid, job placement,
discounted clothing, furniture,
& appliances, Kallah fund.

845-426-6504

kupathezrah@verizon.net

CANADA-BASED RESOURCES

Available to those living in Canada

TORONTO

MISHPACHTEINU

Support network for women who are widowed. Services around the year such as snow plowing, practical Yom Tov assistance & social events.

Devorah Brachy Gartenhaus

416-875-7047

Fraidy Rosenbaum

647-216-2895

CHASDEI RIVKA

Monthly and as-needed financial support for women who lost their husbands.

Rabbi Moshe Rubelow

416-317-3442

MONTREAL

MATAN B'SESER B'SIMCHA

Assists the Kallah's family with wedding expenses. Also runs a wedding gown gemach for Kallahs. Call to apply for assistance.

Mrs. Sebbag

514-738-2652

OTHER COMMUNITY-SPECIFIC RESOURCES

5 TOWNS/ FAR ROCKAWAY

ACHIEZER

Financial counseling, mental health services, home repair assistance, social services.

516-791-4444

www.achiezer.org

LEON MAYER FUND/ MARK

RAMER CHESED CENTER

Clothing, linen, housewares and more at no cost. Go to website, then click on "Chesed Center", and fill out the Intake form. Then call/email for a private appointment. Clients can also benefit from events throughout the year.

www.leonmayerfund.org

516-561-6868 ext 102

nechama@kosherresponse.com

CHICAGO

LEV CHANA L'KALLAH

Kallah Package including beds, a dinette set, a couch and vouchers for linen, clothing, and other items. Apply online.

www.levchanalkallah.org

DETROIT

DETROIT CHESED

Access to community resources such as financial aid, mental health services, job placement & more.

Channie Goldstein

248.219.4500

info@detroitchesed.org

FROM HEART TO HEART

Emotional & social support for frum widows in the Greater Detroit area.

Chana Sherizen 248-752-6833

fromhearttoheart@gmail.com

OTHER COMMUNITY-SPECIFIC RESOURCES

BALTIMORE

PROJECT YEDID

Home repairs, snow shoveling, practical Yom Tov assistance to families who lost a spouse.
443-252-8980
www.projectyedidmd.org

AHAVAS YISROEL

Financial assistance.
410-358-2525
www.ahavasyisrael.org

SILVER SPRING

YAD YEHUDA

Financial assistance, home repairs, snow shoveling, succah building for women who are widowed.
301-842-7135
www.yadyehuda.org

GREATER WASHINGTON

NISMACH

Nismach serves frum widows living in Baltimore, Silver Spring and Metro Washington DC areas. We're not a support group, but rather a friendship group for fun get-togethers, speakers, etc. Through our friendships, support develops.
www.nismach.org

CLEVELAND

MATAN B'SAYSER

Financial aid, simcha fund.
216-321-2075

GESHER CLEVELAND

Access to government programs and community resources, job training and placement.
216-862-4599
info@geshercleveland.org

Recommended Books

Samchaim Favorites

JEWISH BOOKS

ON MY OWN... NOT ALONE

AHAVA EHRENPREIS

A WIDOW'S TALE

DIINA BAR-TOV

WHY BAD THINGS DON'T HAPPEN TO GOOD PEOPLE

RABBI SHAUL ROSENBLATT

THE BLESSINGS OF A BROKEN HEART

SHERRI MANDELL

LONGING FOR DAWN

RABBI NACHMAN BULMAN

GRIEVING AND HEALING THROUGH THE PRISM OF TORAH

BORUCH COHEN

IF THERE'S ANYTHING I CAN DO

REBECCA FELDBAUM

CHILDREN'S BOOKS

I LOST SOMEONE SPECIAL

BRACHA GOETZ

WHERE HAS ZAIDY GONE?

MIREL C. GRUBER

I WISH SOMEONE WOULD HAVE TOLD ME

MIRIAM RIBIAT

SECULAR BOOKS

ON GRIEF AND GRIEVING

ELIZABETH KUBLER-ROSS

I'M GRIEVING AS FAST AS I CAN

LINDA SONES FEINBERG

WHEN BREATH BECOMES AIR

PAUL KALANITHI

MAN'S SEARCH FOR MEANING

VIKTOR FRANKL

FINDING MEANING: THE SIXTH STAGE OF GRIEF

DAVID KESSLER

TEAR SOUP

PAT SCHWIEBERT & CHUCK DEKLYEN

MEET SAMCHAINU'S Leadership Team



SHANI WALDMAN
CO-FOUNDER

Shani was 37 years old when she lost her husband. She was left with six young daughters, including a baby. Despite the isolation and loneliness, she was determined to create a life of joy for her family. Together with Breindy Halberstam, Shani co-founded Samchainu to support and nurture Orthodox widows. Today, Shani remains passionate about creating a world for almanos where they can learn to live and feel happy again, and to truly experience joy in the new life in which they find themselves. Shani devotes hours of her time to counseling and encouraging almanos of any age and stage. Feel free to reach out and get in touch!



BREINDY HALBERSTAM
CO-FOUNDER

When Breindy lost her husband at fifty years old, she was left with a gaping void- and a crammed daily schedule. Being a single parent for her three young sons at home, for her six relatively young married couples, and keeping up her demanding schedule as an accounting professor in Touro College and as a High School English teacher didn't seem to leave her with much time. But then, co-founding Samchainu together with Shani Stefansky (now Waldman) became a central part of her life, and with every retreat she runs, she finds more time and energy to run yet another. It is Breindy's greatest joy to bring her fellow widows true understanding and genuine companionship, along with a generous dose of fun!

MEET SAMCHAINU'S Rabbinic Advisory Board



RABBI YAAKOV BENDER

SHLIT" A

Rabbi Bender is the Rosh Yeshiva of Yeshiva Darchei Torah of Far Rockaway. Rabbi Bender lost his father at age fifteen and has a special place in his heart for Samchainu families.



RABBI YOSEF EISEN

SHLIT" A

Rabbi Yosef Eisen is the Rav of Khal B'nei Torah in Flatbush & Administrator of the Va'ad Hakashrus of the Five Towns. As a young child, Rabbi Eisen lost his father. He has been an invaluable resource.



RABBI NOSSON MULLER

SHLIT" A

Rabbi Muller is the Menahel of Yeshiva Tiferes Tzvi in Chicago. A tireless advocate for children, Rabbi Muller's dedication to every Samchainu mother has earned him the title, "The Samchainu Rebbe."

NOTES

The page contains 15 horizontal black lines for writing, spaced evenly down the page. A large, faint, light blue watermark of a stylized flower or leaf design is overlaid on the page, centered horizontally and extending across most of the vertical space.



TALK TO US.
WE ARE HERE FOR YOU.

718-419-8690
info@samchainu.org
www.samchainu.org