



**ALEPH
INSTITUTE**

No One Alone,
No One Forgotten.

PROJECT SHIFRA

a program at the Aleph Institute which provide support to women, children, and their families. Project Shifra works to connect individuals to resources for managing stress, the household, legal aid, finances, utilities, etc. Project Shifra aims to strengthen the community, raise awareness of abuse and the importance of mental health.

CONTACT US

The Aleph Institute:
NE Regional Headquarters

Hyman & Martha Rogal Center

5804 Beacon St.
Pittsburgh, PA 15217

(412) 421-0111 ext 102

www.alephne.org

"Community Programs"

PROJECT SHIFRA





LEGAL, STATE, OR COUNTY ASSISTANCE

The law and government services can be hard to navigate. If you need some assistance, Reaching out and seeking help can make a daunting task more manageable.

ABUSE AND NEGLECT AWARENESS

Mental, psychological, and physical abuse are a part of any community. Confidentiality is one of Project Shifra's biggest concern. Opening up with the struggles an individual may face at home, school, or in a relationship is frightening and we hope to lend our support.

AGING SERVICES

Aging affects everyone, as we get older, it can be harder to know or navigate the many services offered. Allow Project Shifra to help you and your loved ones connect to opportunities.

CHILDREN/YOUTH SERVICES

Children, youths, and young adults are now more than ever facing extreme pressures from friends, family, social media, school and from themselves. Juggling self identity, growing independence, and expectations can be challenging. Project Shifra offers opportunity for counseling, activities and events.

HOUSING SERVICES

Need help with home repairs, household management or reducing your utilities bill, Project Shifra can assist by finding ways to reduce your financial burden, help with loans, and introducing services. Your home can be your sanctuary, let us help.

MENTAL HEALTH SERVICES

Stress can come from any aspect of our lives: family, children, work, school, partners, and from ourselves, We offer free counseling services from a license respected counselor and "Coping with Stress" seminars hosted by Dr. Bruce Rabin, a leading specialist in stress management on the immune system.

FOOD SECURITY

Where is your next meal coming from? Will you have enough money for groceries? Can this meal be stretched to last a couple of days? The Aleph Institute works with 412 Food Rescue and the Squirrel Hill Food Pantry to provide food security. Project Shifra aids in that need by helping individuals and families secure consistent source of nutrition and food.