Long after the DJ’s name is forgotten and the imprinted sweatshirts outgrown, a young Jewish adult’s Bar Bat Mitzvah Project should be remembered. It should resonate for your child and open up a myriad of future possibilities. It should feel good.

Help your child choose a do-able, but meaningful Bar Bat Mitzvah project by asking a few questions:

What are your synagogue’s requirements for a project?
Does it have to be related to a certain Torah portion?
How much time can your child realistically devote to completing this?

Then ask your child: What makes him or her happy — sports, fashion, technology, the arts?
What does he or she care about — animal welfare, the environment, Israel, cancer research, education, hunger?

As a parent, your job is to help guide your child to find a project that is meaningful and uses his or her natural talents. It can involve volunteering time, educating others, selling products or services to benefit a cause, or collecting money or needed items for a charity.

Hopefully your child will find something that leaves him or her with a full heart and a lifelong desire to help others and do good. Here are some organizations that welcome help and can get you started.

The Mitzvah Market Team

MITZVAH TIP: Each of our Celebrate! Party Showcases feature a Mitzvah Project Fair where your child can meet face-to-face with various organizations that offer meaningful Mitzvah Projects. Learn more at www.celebrateshowcase.com

Published by Mitzvah Market, a division of Davler Media Group
To submit an organization, go to www.MitzvahMarket.com and complete the online form. For more copies or information, call 212.315.0800 or email info@mitzvahmarket.com.
Mitzvah Project Resource Guide

AFRICA

**African Library Project**
PO Box 2162
Berkeley, CA 94702
www.africanlibraryproject.org
650-437-5311

Chris Bradshaw
Founder
info@africanlibraryproject.org


**Keeping Babies Safe**
16 Mount Bethel Road, Suite 245
Warren, NJ 07059
www.keepingbabiessafe.org
908-581-8699

Joyce Davis
President
jdavis@keepingbabiessafe.org

Our mission is to educate the public, especially parents, about how to create and maintain a safe sleep environment for baby.

**Leukemia & Lymphoma Society - Student Series**
3 International Drive, Suite 200
Rye Brook, NY 10573
www.studentseries.org
814-949-5213
866-918-4453

studentseries@lls.org

The Leukemia & Lymphoma Society's Student Series Programs offer children hands-on experiences that cultivate caring, respect and sharing with others.

**Pajama Program**
114 East 39th Street
New York, NY 10016
www.pajamaprogram.org
212-716-9757

Volunteer Services
email form on website

We provide new pajamas and new books to children in need; going in to homeless shelters, group homes and foster care.

**SCOPE (Summer Camp Opportunities)**
108 W. 39th Street
15th floor
New York, NY 10018
www.scopeusa.org
212-627-4097

Rachael Hochberg
Director External Relations
646-278-4557
rachael@scopeusa.org

SCOPE is a nonprofit organization whose mission is to provide children in need the edge to succeed in life through the summer camp experience.

**African Library Project Resource Guide**

**ARTS**

**CITYarts**
77 Bleeker St
Suite C2-18
New York, NY 10012
www.cityarts.org
212-966-0377

Tsipi Ben-Haim
Executive Director
tsipi@cityarts.org

CITYarts engages youth and professional artists in the creation of public art, including murals and mosaics.

**CHILDREN**

**Adaptive Design Association**
313 West 38th Street
New York, NY 10018
www.adaptivedesign.org
212-904-1200

Alex Truesdell
Executive Director and Founder
info@adaptivedesign.org

The mission of the Adaptive Design Association (ADA) is to ensure that children with “disabilities” receive the customized adaptations they need to achieve their full developmental, social, and academic potential.

**Birthday Wishes**
15 Cantineau Rock Road
Hicksville, NY 11801
www.birthdaywishes.org
516-390-3055

Jamie Rapfogel
Long Island Director
jamie@birthdaywishes.org

The mission of Birthday Wishes is to provide birthday parties for homeless children.

**Keeping Babies Safe**
16 Mount Bethel Road, Suite 245
Warren, NJ 07059
www.keepingbabiessafe.org
908-581-8699

Joyce Davis
President
jdavis@keepingbabiessafe.org

Our mission is to educate the public, especially parents, about how to create and maintain a safe sleep environment for baby.

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**Pajama Program**
114 East 39th Street
New York, NY 10016
www.pajamaprogram.org
212-716-9757

Volunteer Services
email form on website

We provide new pajamas and new books to children in need; going in to homeless shelters, group homes and foster care.

**Project Sunshine**
211 East 43rd Street, Suite 401
New York, NY 10017
www.projectsunshine.org
212-354-8035

Caitlin Moses
Program Director
caitlin@projectsunshine.org

Project Sunshine volunteers spread sunshine, restoring a crucial sense of normalcy to the pediatric healthcare environment.

**Ronald McDonald House (NY Tri-State Area)**
111 Wood Avenue South, Suite 400
Iselin, NJ 08830
www.rmhcnycnys.org
732-623-8549

Janice Mulligan
Programs Manager
janice.mulligan@rmhcnystate.org

Our mission is to create, find, and support programs that directly improve the health and well-being of children in the New York Tri-State area.

**Kaplen JCC on the Palisades**
411 E. Clinton Avenue
Tenafly, NJ 7670
www.jccotp.org/teen-leadership-community-service
201-569-7900

Aaron Atlas
Director of Youth & Camp Engagement
201-408-1487
aatalas@jccotp.org

Kaplen JCC on the Palisades offers a variety of Bar/Bat Mitzvah projects on an ongoing basis in either our Sunday Special Services programs or on school breaks in our Senior Department or at one of our major events.

**Rock Can Roll**
P.O. Box 700
Jericho, NY 11753
www.rockcanroll.org
516-822-3457

Aimee Holtzman
aimee@rockcanroll.org

We are a non profit, hunger relief organization committed to restocking the dwindling shelves of local food pantries, soup kitchens, safe homes and shelters.

**United Way of Westchester and Putnam**
336 Central Park Avenue
White Plains, NY 10606
www.uwwp.org
914-997-6700

Alana Sweeney
President and CEO
914-997-6700 ext. 716
asweeney@uwwp.org

United Way’s mission is to advance the common good. With your help, we can create opportunities for a better life by focusing on: a quality education that leads to a better job, which provides the income that can support a family through retirement; and good health.

**EDUCATION**

**Project Morry**
350 Executive Blvd.
Suite 125
Elmsford, NY 10523
www.projectmorry.org
914-997-6700 ext. 716
asweeney@uwwp.org

Project Morry is a nonprofit, year-round youth development organization, anchored by a residential summer camp with an educational focus.

Mitzvah Project Resource Guide

MitzvahMarket.com
**EDUCATION (CONTINUED)**

**WESPAC Foundation**
31 Mamaroneck Ave
Suite 403
White Plains, NY 10601
www.wespac.org
914-448-6514
Nada Khader
Executive Director
wespacfoundation@gmail.com

We are a multi-issue peace and justice educational and activist organization serving the Westchester County area for over 40 years.

**ENVIRONMENTAL**

**SaveNature.Org**
699 Mississippi Street, Suite 106
San Francisco, CA 94107
www.savenature.org
415-648-3392
Norman Gershenz
Director
415-648-3390
norm@savenature.org

SaveNature.Org works in partnership to inspire schools, universities, zoos, aquariums, botanical gardens, natural history museums and science centers worldwide to protect wildlife in nature.

**HEALTH**

**Alex’s Lemonade Stand Foundation**
111 Presidential Blvd, Suite 203
Bala Cynwyd, PA 19004
www.alexlesmonade.org
610-894-3034
Shaun Digel
Special Events and Volunteer Coordinator
s.digel@alexslemonade.org

Alex’s Lemonade Stand Foundation shares the vision of our founder and creator, Alexandra “Alex” Scott—a cure for all children with cancer.

**Alzheimer’s Foundation of America**
322 8th Avenue, 7th Floor
New York, NY 10001
www.alzfdn.org
1-866-232-8484
General Info
info@alzfdn.org

Our mission is “to provide optimal care and services to individuals confronting dementia, and to their caregivers and families—through member organizations dedicated to improving quality of life.”

**Mitzvah Market**

MITZVAH PROJECT RESOURCE GUIDE
MitzvahMarket.com

MitzvahMarket.com

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**Multiple Sclerosis Association of America**
375 Kings Highway North
Cherry Hill, NJ 08034
www.mysma.org
800-532-7667

Lauren Hooper
Regional Director, Northeast
800-532-7667 ext. 144
northeast@mymss.org

MSAA is a national nonprofit organization whose mission is to enrich the quality of life for everyone affected by multiple sclerosis.

**Teens for the Cure/Susan G. Komen for the Cure**
125 South 9th Street, Suite 202
Philadelphia, PA 19107
www.komenphiladelphia.org/teen-opportunities

Elaine Grobman
Chief Executive Officer
215-238-8900 ext. 101
eelaine@komenphiladelphia.org

Teens for the cure was founded in 2009 by a group of teens in the Philadelphia area who joined together to help raise awareness about breast cancer while supporting the mission of Susan G. Komen for the Cure.

**YOU’RE INVITED...**

Join the Conversation
Bar Bat Mitzvah Facebook Groups

Ask questions, share ideas and get advice from other families who are also in the planning process.

New Jersey: Type in FB: “New Jersey Bar/Bat Mitzvah Planning”
Westchester/Rockland/Fairfield: Type in FB: “Westchester-Rockland-Fairfield Bar/Bat Mitzvah Planning Group”
New York City: Type in FB: “New York City Bar/Bat Mitzvah Planning Group”
Long Island: Type in FB: “Long Island Bar and Bat Mitzvah Planning”

Share These Groups With Your Bar Bat Mitzvah Planning Friends!
Are you looking for resources & fun for your family this fall?

Resources

Articles

Find everything you need, faster at

NYMetroParent.com

MITZVAH PROJECT RESOURCE GUIDE

ISRAEL (CONTINUED)

Hadasah - The Women's Zionist Organization of America

40 Wall Street
New York, NY 10005
www.hadasah.org
212-355-7900
Rita Gottlieb
National Bar/Bat Mitzvah Chair
rgottlieb@hadasah.org

Hadasah, the Women’s Zionist Organization of America, is a volunteer organization that inspires a passion for and commitment to its partnership with the land and people of Israel.

Jewish National Fund of Greater New York

42 East 68th St.
New York, NY 10021
www.jnf.org
888-JNF-0099
Maidelle Goodman Benamy
Executive Vice President, Greater New York
212-879-9300
mbenamy@jnf.org

JNF has planted over 250 million trees, building over 210 reservoirs and dams, developing over 250,000 acres of land, creating more than 1,000 parks, providing the infrastructure for over 1,000 communities.

Women's International Zionist Organization (WIZO)

950 Third Avenue, Suite 2803
New York, NY 10022
www.wizousa.org
212-751-6461
Hila Stern
Executive Director
hila@wizony.com

The Women's International Zionist Organization (WIZO) is a non profit organization of volunteers in over 50 countries working together to support and operate over 800 social welfare projects aiming to improve the lives of women, children, and the elderly.

JEISH CAUSES

Friends of the Israel Defense Forces

PO Box 4224
New York, NY 10163
www.fidf.org
646-274-9646
Galit Brichta
Tri-State Executive Director
646-274-9701
galit.brichta@fidf.org

FIDF offers programs that address the educational, social, economic, recreational, spiritual, and cultural needs of the IDF soldiers and the families of fallen soldiers.

The Aleph Institute

9540 Collins Avenue
Surfside, FL 33154
www.aleph-institute.org
305-864-5553
Rabbi Menachem M. Katz
Director of Prison & Military Outreach
mmk@aleph-institute.org

Aleph creates programs that provide alternatives to incarceration, rehabilitate inmates, counsel and assist their families, and provide moral and ethical educational programs inculcating universal truths and concepts common to all of humanity.

UIJA Westchester

701 Westchester Avenue
Suite 203E
White Plains, NY 10604
ujafedny.org/get-involved/find-your-place/westchester/
914-385-2100
Donna Divon
914-385-2130
divond@ujafedny.org

The Give a Mitzvah–Do a Mitzvah program enables bar and bat mitzvah students to create their own unique mitzvah project that connects their interests and hobbies to UJA-Federation of New York’s work around the world.

PETS

GreaterGood.org

6262 North Swan Road
Tucson, AZ 85718
www.greatergood.org
520-441-9067
Allison Wexler
Development Director
allisonwexler@greatergood.org

GreaterGood.org is dedicated to protecting people, pets and the planet.

Last Hope Animal Rescue

3300 Beltagh Avenue
Wantagh, NY 11793
www.lasthopeanimalrescue.org
631-425-1884
Linda Stuurman
President
info@lasthopeanimalrescue.org

We are dedicated to the rescue and rehabilitation of death-due pound, stray and abandoned animals.

To find more Mitzvah Project ideas, visit www.MitzvahMarket.com and click on Mitzvah Projects
PETS (CONTINUED)

The Puppy Mill Project
1341 West Fullerton Avenue
Suite 353
Chicago, IL 60614
www.thepuppymillproject.org
773-663-1102
Cari Meyers Founder
info@thepuppymillproject.org
We educate the public about puppy mills, pet stores and internet sites that sell dogs. Learn the truth!

POVERTY

Jewish Family Services-Kosher Pantry
333 Bloomfield Ave,
West Hartford, CT 6117
www.jfshartford.org/community-support/ana-ja-rosenberg-kosher-food-pantry.html
860-236-1927
Patti Weiner
860-236-1927 ext. 7129
pweiner@jfshartford.org
The JFS Kosher Food Pantry provides kosher packaged and canned food items, as well as toiletries and cleaning supplies to people experiencing financial difficulties

The Joy of Sox
580 Lindsay Drive
Suite 150
Radnor, PA 19087
www.thejoyofsox.org
610-688-3318
Tom Costello
Founder and Chief Sock Person
610-745-1075
tom@thejoyofsox.org
We provide new socks for the homeless. We started in Philadelphia and are planning to help provide new socks for the homeless all across the United States.

SPECIAL NEEDS

American Friends of Kishorit
Mobile Post Office Bikat Beit Hakerem
Israel, 2012300
www.kishorit.org.il
972-4-9085313
Shira Reifman
Director of Resource Development
972-4-908-5313
shira.kishorit@gmail.com
Kishorit is a kibbutz in Israel for 160 adults with special needs. Kishorit offers long term residential care, employment and social programs for its members.

Sunrise Day Camp
75 Colonial Springs Road
Wheatley Heights, NY 11798
www.sunrisedaycamp-longisland.org
631-920-8439
Beth Fetner
Senior Vice President for Development
516-634-4196
beth.fetner@sunriseassociation.org
Sunrise is a day camp designed to meet the emotional, social, recreational and physical needs of children with cancer.

SPORTS

Israel Lacrosse
1501 Broadway
21st Floor
New York, NY 10036
www.lacrosse.co.il
1-800-894-5820
Matt Flapan
Director of Operations
matt@lacrosse.co.il
The opportunity to contribute, participate, and connect with Israel with passion and purpose while impacting Israeli youth through the sport of lacrosse.

Special Olympics New Jersey
1 Eunice Kennedy Shriver Way
Lawrenceville, NJ 8648
www.sonj.org
609-996-8000
Beth Russell
609-558-5279
director-area11@sonj.org
Special Olympics is an international organization that changes lives by encouraging & empowering people with intellectual disabilities, promoting acceptance for all, and fostering communities of understanding and respect worldwide.

Swim Across America, Inc.
14 Little Ridge Road
Ridgefield, CT 6877
www.swimacrossamerica.org
203-438-0313
Michele Graham
Co-Event Chair
michele@swimacrossamerica.org
Swim Across America, Inc. (SAA) is dedicated to raising money and awareness for cancer research, prevention and treatment through swimming-related events.

To find more Mitzvah Project ideas, visit www.MitzvahMarket.com and click on Mitzvah Projects.
The project ended about three weeks before my Bat Mitzvah, so that ArtWare for Good could create the tiles in time for me to present them at my Bat Mitzvah. This experience was so incredible, and I got to share it with so many people from all parts of my life—my school and camp friends, long-time family friends, and relatives. Everyone loved seeing the masterpiece that we created together.

ArtWare for Good helped me with my vision of creating something artistic for the greater good, but their partnership with SCOPE made my project a perfect fit for me. I know from experience that there is no better place to spend a summer than at sleepaway camp. I have been fortunate enough to have had four incredible summers so far at Camp Westmont, and I have learned and grown so much from my experience away from home. Being able to give someone the same kind of opportunity feels so good.

Melissa Nadler is in 7th grade in Farragut Middle School in Hastings on Hudson, NY. If you would like to learn more about ArtWare for Good and SCOPE, please see the contact information below:

ArtWare for Good
www.artwareforgood.com | (973) 919-6086
@artwareimages - instagram
facebook.com/artwareforgood

SCOPE (Summer Camp Opportunities Promote Education)
www.scopeusa.org | (212) 627-4097
facebook.com/SupportSCOPE
@SupportSCOPE on Twitter & Instagram

To read about other Mitzvah Projects, visit www.MitzvahMarket.com
CHECKLIST

Getting Ready for the Service

Though most of us know this already, it’s helpful to remind yourself and your child that the Bar or Bat Mitzvah is not the party afterwards but the religious duties he/she performs during the service. Sometimes the emphasis can fall more on the celebration than the actual religious milestone. Here is a checklist to keep your family on track with the real elements of the big day.

ONE YEAR TO EIGHTEEN MONTHS BEFORE

✓ Meet with a member of the clergy. You and your child will want to find out what your synagogue requires. Some require that the child attend a certain number of services and perform a mitzvah project.
✓ Your child will be assigned a Torah portion. You may have known this years before if your synagogue assigns dates early, but now’s the time to start researching the Torah portion to get familiar with the story.

SIX TO EIGHT MONTHS BEFORE

✓ Begin working on a mitzvah project. There are many organizations that are happy to help your child put together a project. You may also want to discuss with your child the idea of donating a percentage of his or her monetary gifts to charity (sometimes a denomination of chai, 18).
✓ Learn the elements of the service. If you are not a regular synagogue attendee, you may want to begin to attend Shabbat services as a family to get a feel for the service and understand what your child will be undertaking. Remember, becoming a Bar/Bat Mitzvah is a process and not a single day in your child’s life.

SIX MONTHS BEFORE

✓ Start working with a tutor. The synagogue may provide one or you can hire your own to work with your child (usually once a week) to learn the Torah portion and haftorah.
✓ Your child should begin writing his or her D’var Torah.
✓ Decide who will receive aliyahs and other honors during the service.
✓ Plan the siblings’ role. This event is so much about family, but siblings – particularly younger ones – can get lost in the shuffle. Be sure that everyone feels a part of this meaningful moment.
✓ Check in with your child’s tutor and the clergy. Make sure that your child is on track and that you know all your responsibilities for the day, including sponsoring a kiddush, ordering flowers, etc.
✓ Order personalized Judaica for your child. A special tallis or kippah can add to the sentimentality of the day.

THREE MONTHS BEFORE

✓ Coordinate a rehearsal with your synagogue. This is also a good time to take a step back and revel in how far your child has come toward becoming a Jewish adult.
✓ Order personalized kippot for your guests

ONE MONTH BEFORE

✓ I want a free copy of the 2017-2018 Mitzvah Market Magazine
Name _____________________________________________________________
Address ___________________________________________________________
City ______________ State ________ Zip ______________
Phone __________________ Email __________________

Davler Media Group
Fax: 212.271.2239 • Call: 646.652.7520
Email: info@mitzvahmarket.com
498 Seventh Avenue, 10th Floor, New York, NY 10018

Some 2017-2018 Editorial Highlights:

• Mitzvah Family Spotlight – Real Events, Real Ideas
• Ways to Celebrate in Israel
• Creative Logos and Themes
• The Perfect Songs for Your Party
• Fashion from Head to Toe

New Issue Available Now

To more Mitzvah project ideas, visit www.MitzvahMarket.com
The Only Resource a Family Needs to Plan Their Child’s Simcha

MitzvahMarket.com
Your Source for Ideas & Inspiration

- Party Ideas & Themes
- Mitzvah Family Spotlights
- Inspirational Mitzvah Project Profiles
- Mitzvah Project Resource Directory
- Vendor Directory
- Deals and Discounts
- Weekly E-newsletter

I found MitzvahMarket.com very helpful in planning my daughter’s Bat Mitzvah. From the Mitzvah Organizer to the weekly emails, I was able to check off the things I needed to do and see new ideas online weekly. I highly recommend this Website to help with your Mitzvah planning.
— Mitzvah Mom, Ilysa, Cos Cob, Connecticut

Do you want the BEST IDEAS for your celebration?
Sign up to receive FREE e-newsletters at MitzvahMarket.com/signup

Facebook: www.facebook.com/MitzvahMarket
Twitter: twitter.com/MitzvahMarket
Pinterest: pinterest.com/source/mitzvahmarket.com