



**A SPIRITUAL SUPPORT CENTER**  
for those in recovery from addiction and others  
struggling with mental health challenges





**95% OF THOSE IN  
RECOVERY RELAPSE  
WITHIN THE FIRST  
FIVE YEARS.**

**THERE MUST BE  
ANOTHER WAY!**

Our goal is to strengthen a person's  
recovery from addiction and other  
mental health challenges.

By reducing  
the relapse rate,  
we can save lives -  
**one person at a time!**

OUR MISSION  
IS TO SUPPORT OUR  
MEMBERS USING  
**AN INTEGRATED**  
**APPROACH** THAT  
COMBINES THE  
SPIRITUALITY OF  
THE TORAH WITH  
EVIDENCED-BASED  
MENTAL HEALTH  
TECHNIQUES.

Clinically proven benefits of spirituality include:

- Higher levels of coping
- Greater resilience to stress
- Optimistic life orientation
- Greater perceived social support
- Lower anxiety level

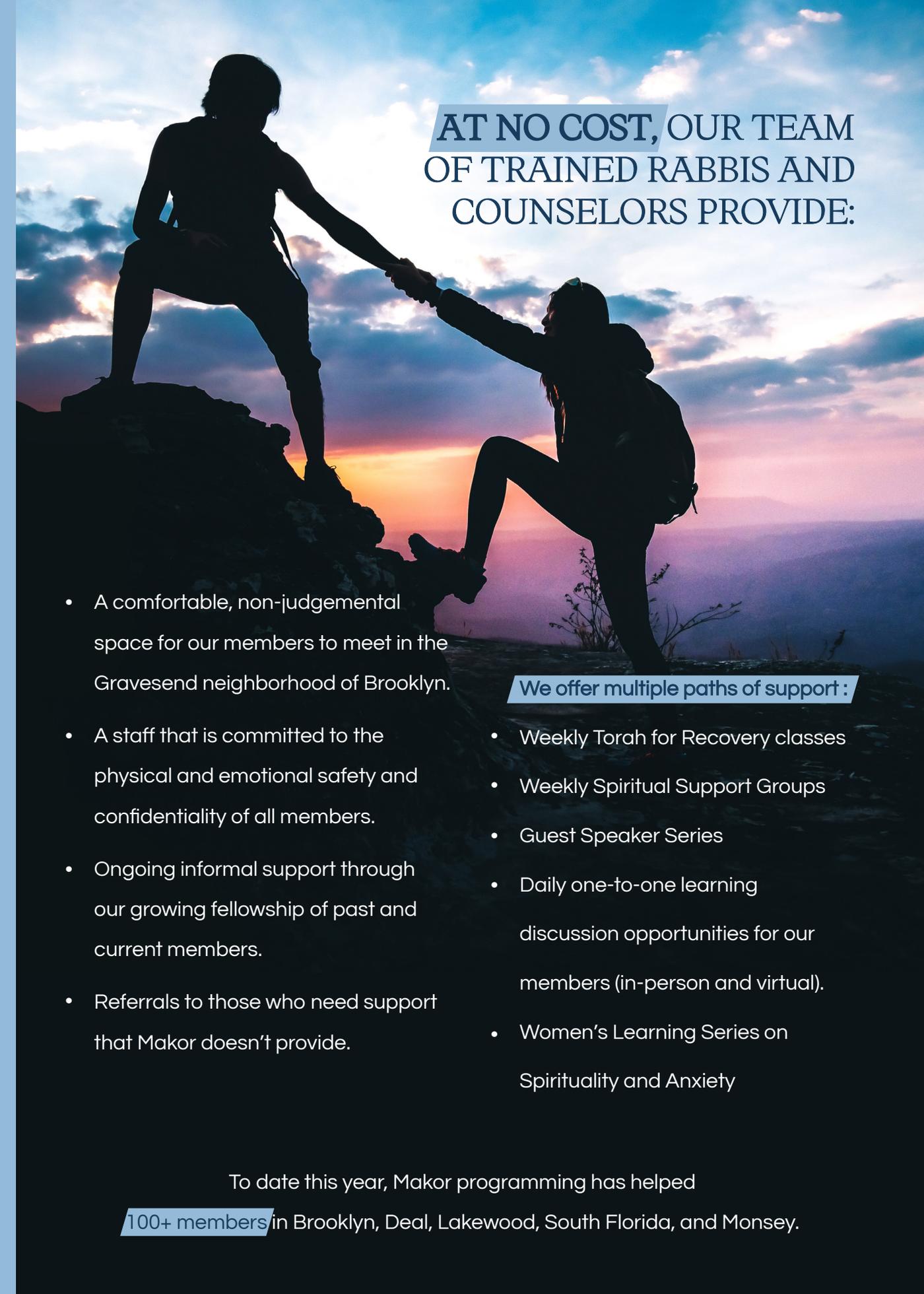
## CORE VALUES

We believe that a God-centered life leads to a healthier, more meaningful and purpose-driven life.

We believe that creating a non-judgemental atmosphere of confidentiality, caring and curiosity will ultimately benefit our members.

We believe that financial instability should not be an obstacle to receiving support.

WE HAVE AN  
ENDURING HOPE  
THAT EVERY  
PERSON HAS THE  
POTENTIAL TO  
BECOME HEALTHY  
AND THEREBY A  
CONTRIBUTING  
MEMBER OF THEIR  
FAMILY AND  
COMMUNITY.



AT NO COST, OUR TEAM  
OF TRAINED RABBIS AND  
COUNSELORS PROVIDE:

- A comfortable, non-judgemental space for our members to meet in the Gravesend neighborhood of Brooklyn.
- A staff that is committed to the physical and emotional safety and confidentiality of all members.
- Ongoing informal support through our growing fellowship of past and current members.
- Referrals to those who need support that Makor doesn't provide.

We offer multiple paths of support :

- Weekly Torah for Recovery classes
- Weekly Spiritual Support Groups
- Guest Speaker Series
- Daily one-to-one learning discussion opportunities for our members (in-person and virtual).
- Women's Learning Series on Spirituality and Anxiety

To date this year, Makor programming has helped

100+ members in Brooklyn, Deal, Lakewood, South Florida, and Monsey.



**Rabbi Moses Haber M.S., M.S.W.**  
Founder & Director

Rabbi Haber has been serving our community for 30 years. He has been a teacher and administrator in community schools, served as pulpit rabbi, and is involved in many community programs. In all of these roles, Rabbi Haber mentors and actively engages with many individuals, driven by his life philosophy of integrating Torah with the world around us.



**Abe Chera CASAC - Consultant**  
Certified Alcohol and Substance Abuse  
Counselor and Recovery Consultant

## PROFESSIONAL ADVISORY

Robin Shaoul, LCSW

David Kohn, LCSW

Licensed Psychotherapist and Mindfulness

Teacher, LCSW , CASAC

## ADVISORY BOARD

Nachman Assouline

Jack Haber

Carey Sutton



**Robin Shaoul, LCSW - Consultant**  
Licensed Psychotherapist  
Licensed Clinical Social Worker

## WIDE RABBINICAL SUPPORT

CONTACT US  
FOR MORE  
INFORMATION

A TIME IS COMING  
—DECLARES MY LORD GOD—WHEN I WILL SEND  
A FAMINE UPON THE LAND: NOT A HUNGER  
FOR BREAD OR A THIRST FOR WATER,  
BUT FOR HEARING THE WORDS OF THE LORD.  
(AMOS 8-11)



THE FOUNDING PRINCIPLE OF MAKOR  
IS THAT A GOD-CENTERED LIFE LEADS  
TO HEALTHIER CHOICES,  
MORE MEANINGFUL DAYS  
AND A PURPOSE-DRIVEN EXISTENCE.



scan to donate



@mekorhayimcenter



Checks can be mailed to:  
The Mekor Hayim Center  
1876 East 26th Street, Brooklyn, NY 11229

For more information visit:  
[www.MekorHayimCenter.com](http://www.MekorHayimCenter.com)

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