

# HEALING RESILIENCE AND NONVIOLENT EMPOWERMENT

## FOR CHILDREN AFFECTED BY ARMED CONFLICT IN LEBANON

### *Dear friends,*

Our IAHV team is happy to share with you this newsletter.

We hope that it reflects our project activities for the last 12 months but of course our experience on the human level cannot be translated into words.

Our peace building project in Tripoli focuses on healing, resilience and non violent empowerment for Lebanese and refugee children impacted by the situation of the city.

This newsletter is an occasion to cordially invite you to be part of this project that is still taking place in the next year and a half in Tripoli.

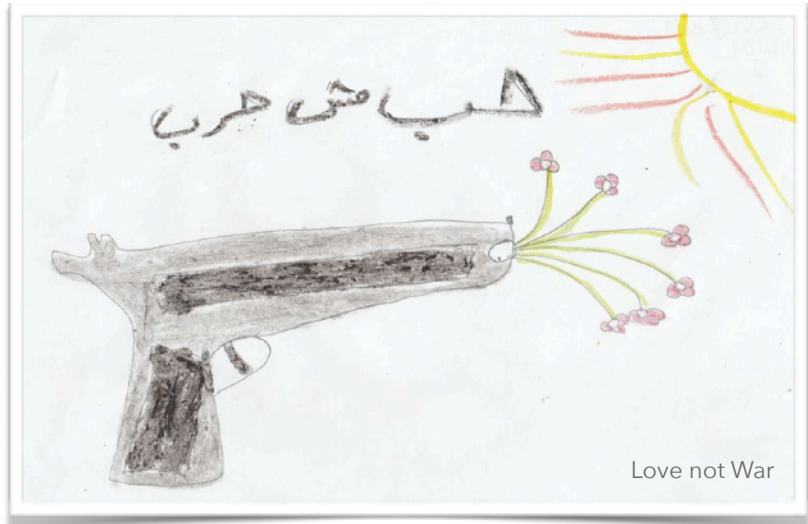
For all who supported this project, please accept this newsletter as a personal letter of thanks.

We hope that this trust that we built together will be a solid foundation for our continuous cooperation and success for the benefit of our society in Tripoli and in Lebanon.

~ Nisrine Hariz,  
Project Manager, Lebanon  
Program officer Middle-East,  
IAHV, UK



**Note:** In order to support the community, IAHV works in cooperation with Cross Arts Association, however all the curricula are designed and implemented by International Association For Human Values.



## Our Aim

To enhance the wellbeing, resilience and psychological reintegration of children impacted by armed conflict and violence and reduce violent behavior risk through a comprehensive, innovative, sustainable psychosocial approach provided to the children, parents, caregivers, and schoolteachers.



## Project Activities

Our team in Lebanon has been offering stress relief, resilience and empowerment programs to affected and vulnerable Lebanese and Syrian children and women residing in parts of Tripoli, Mina and Beddawi.

## Trainings Provided

**3,060 children and youth** were offered 112 SRR trainings (1,208 males and 1,852 females aged 9 to 17).

**SRR - Stress Relief and Resilience** is a 3-hour long workshop which contributes in releasing acute, and basic stress and fears, resulting in reduced trauma, PTSD, depression, anxiety & improved human and social resilience and sleeping disorders.

**114 At risk children and youth** suffering from major traumas (9 to 18 years old) were offered 11 THRH trainings.

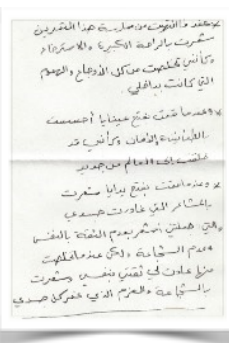
**THRH - Trauma-Relief, Healing, Resilience and Human Values** is a 16-24 hour-long workshop spread over 4 days. It is a profound training providing deep trauma relief and healing, strengthening resilience, improving learning capacity, inculcating human values, connectedness, positive self-esteem and outlook.

**332 Women** have been offered 12 HRE trainings. Some of their children have attended the SRR & THRH workshops.

**HRE Healing Resilience and Empowerment** is a 6-9-hour long training spread over 3 days addressed to parents to release stress, anxiety and worry, and increase coping capacity and empowerment. This results in a reduction in trauma, PTS, depression, and/or anxiety levels within couples, families and communities as well as improved wellbeing, resilience and positive attitudes towards supporting their children's wellbeing.



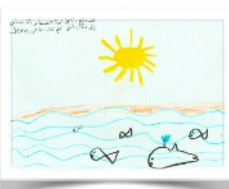
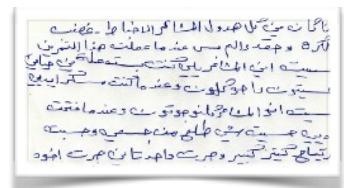
## Stories and testimonials from our SRR programs



"When I opened my eyes, I felt reassured and safe as if I was reborn in a new world... When I got rid of them [negative feelings], I regained self-confidence and I felt the courage and determination filling my entire body."  
~Noor, 8<sup>th</sup> grade, from Homs Syria, living now in Beddawi.

"There were all those emotions inside me: frustration, anger, hatred, pain. When I did this exercise, I felt that these feelings, which I have been using in my life, have all vanished... and I felt deeply rested, as if I became another person."

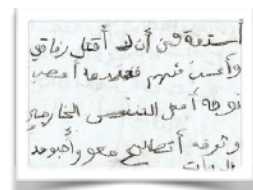
~Bassem, 9<sup>th</sup> grade, from Homs Syria, living now in Beddawi. He was reacting aggressively with much anger during the SRR.



"I felt peace of mind and travelled to another place. What a nice feeling!"  
~Abir

"I don't beat my friends or get angry at them anymore... Even whenever I get angry I do the breathing then I make up with them and love them for the rest of my life."

~Wael, 4<sup>th</sup> Grade, El Tal.



## Who we worked with

### THRH trainings were provided

to many shelter kids most of whom are Lebanese juvenile delinquents whom one of their parents is jailed or deceased. Some of these kids have been sexually abused and have been exposed to domestic violence. In general these shelter kids lack family affection and feel abandoned. Other kids are Syrian refugees residing in popular districts that are marginalized by the society. They are victims of poor family conditions (parental divorce, loss of care), extreme poverty, school dropout, child labor, social violence, denial of basic rights, and displacement due to Lebanese and Syrian wars, which affects them mentally and makes them socially disadvantaged.



### Many of the Syrian families we worked with:

- Witnessed and were affected by the violence during the war and the main provider of the family has been imprisoned, injured or killed.
- Own their house in Syria and now share with extended families a depot with a role up metal door or share a small apartment for more than 3 families.
- Some of the children also work at the age of 12 and some of the girls suffered from early marriage.
- Despite all this situation, most of the families encourage their children go to school.

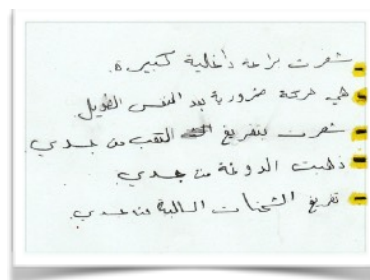


## Stories and testimonials from our THRH programs

"I felt that the world is void of wars, and that the pure hearts of humanity are like the hearts of children. I saw the light in every place, person, house and country, as if the whole world was full of comfort, there is no fatigue or fear of wars, or of anyone. I felt peace of mind despite all the stressors and problems. May this feeling be everlasting." ~Farah



**Mohammed**, a 7<sup>th</sup> grader was very shy and introvert and was bullied by his peers. He was suppressing much pain and sadness but on the last day of the training he was able to stand up for himself. He shared that he felt much stronger in his body and spirit to the extent he felt he could do anything.



"I felt great rest. The movement after the deep breath was important. I felt the tiredness was being eliminated from my body. The dizziness left my body. All the negativity was eliminated from my body."

**Chadi**, 8<sup>th</sup> grade, from Abou Samra, he had breathing problems and sleeping disorder.

**Khaled**, from Lebanon, was abandoned by both of his parents as a baby since his mother got imprisoned and his father denied him. He had been moving from orphanage to orphanage with poor treatment until he developed ADHD and diabetes. He ended up in the streets with drug dealers and addicts till he got arrested and sent to a juvenile institution.

## Forthcoming Plan

At the term of this 3-year project, team Lebanon aims at providing trainings to over **8,000 people** through all our workshops:

**SRR:** Stress Relief and Resilience

**HRE:** Healing, Resilience and Empowerment.

**THRH:** Trauma-Relief, Healing, Resilience and Human Values.

**YAVAP:** Youth Anti-Violence and Peace Ambassadors workshops, where youths would be uplifting their own communities through art, peace and social projects.

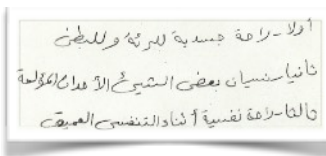
**PC:** Professional / Self-Care, for schoolteachers and caregivers.

**TOT:** Training of Trainers, for professionals to ensure sustainability among the communities.



## Stories and testimonials from our HRE programs

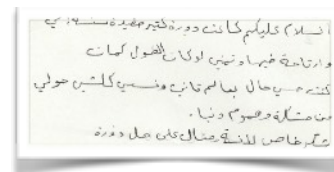
**Bodoor**, a Syrian mother in her early fifties was constantly mourning the loss of both her sons at war, drowned in her tragic memories. During the HRE Program she was able to sing for her sons and feel a deeper and yet more peaceful connection with them. She felt as if her heart opened up to life again!



“Forgetting some of the painful events... I felt mental relaxation during deep breathing.” ~**Maryam**

“I felt I was in another world and forgot everything about problems and concerns of the world.”

~**Yasmine**



**Note:** All names have been changed to protect the privacy of individuals.