



Healing, Resilience and Non Violent Empowerment for Children Affected by Armed Conflict in Jordan and Lebanon



Aug 2017, Tripoli - Lebanon

“There were all those emotions: frustration, anger, hatred, pain. When I opened my eyes, I felt something went out of my body and I felt deeply rested, and I became another person... I felt calmness. Feelings of frustration, anger, hatred, sadness and pain have vanished from my body. Thank you very much for getting us out of this entanglement... Thank you very much”
(9th-grader on 2nd of day training, Beddawi)



“When the school was without this activity, we were a little bit bored and there was no one to take away from us worries and fatigue and teach us how to get rid of anger and this sorrow... but after we saw how we became, we love the school more and we have moved away from the life of anger and hatred, and we have become more peaceful than before. I love you.”
(8th-grader on 2nd of day training, Beddawi)

Dearest friends and supporters,

In our very first report from Tripoli-Lebanon, our project team is thrilled to give you an update of our activities and share with you few testimonials and stories!

Project Activities

Since April 2017, our team in Lebanon has started offering Stress Relief, Resilience and Empowerment programs to affected and vulnerable children and to mothers from different areas of Tripoli, such as Abou Samra, Dahr El Moghor, Jabal Mohsen, El Tal, El Qobbeh and Wadi El Nahleh.

- **23** SRR (Stress Relief and Resilience) workshops have been offered to **775** children, irrespective of nationality and religious background and divided into different age groups.
- Two HRE (Healing, Resilience and Empowerment) Programs have been offered to **38** women, some of whose children attended the SRR workshops.



Four SRR workshops were conducted in a school in Beddawi, in the suburbs of Tripoli. Students overwhelmed us with the depth of their experiences after just 3 hours, which we want to share with you:

"I have enrolled in the summer school for two weeks, and the best days were the two days you spent with us carrying happiness, tranquility, love, psychological education, physical exercises... and (removing) the hatred we wanted to get rid of. Thank you from the bottom of our hearts."
(8th-grader on 2nd of day training)



"I have benefited greatly from this experience and I felt deeply rested and with the purity of the heart as if I was another [new] girl... And I was also enjoying it.... And I shall continue practicing the exercises at home because it relaxes me a lot.

Thank you."

(9th-grader on 2nd of day training)

"I benefited that I don't beat my friends or get angry at them... Even whenever I get angry then I do the breathing then I make up with them and love them all my life"

(Hassan, Grade 4, El Tall Stress Relief and Resilience Workshop Participant)



"I felt relaxed and refreshed. I hope my paralyzed son can do the breathing to help him relax"
(HRE Participant)

"I felt so relaxed and relieved after doing the breathing and it helped me to sleep easier at night."
(HRE participant)

Project Aim



To enhance the wellbeing, resilience and psychological reintegration of children impacted by armed conflict and violence and reduce violent behaviour risk through a comprehensive, innovative, sustainable psychosocial approach

To sustain these efforts and ensure a nurturing environment for these children, activities geared towards the same aim are being provided to parents, caregivers, and schoolteachers.

Forthcoming Plan

During this 3-year project, the project team in Lebanon will offer SRR (Stress Relief and Resilience) workshops for **6,000** children and HRE (Healing, Resilience and Empowerment) Training to **1,500** parents and caregivers.

Among these children, the **200** most vulnerable will be selected to participate in one of the **eight** Trauma-Relief, Healing, Resilience and Human Values (THRH) trainings.

From the latter, **100** youth will be selected to join one of the **four** Youth Anti-Violence and Peace Ambassadors (YAVAP) Trainings. These youth will design and implement their own art, peace and community projects to prevent and reduce violence in their schools, homes and communities.

Moreover, **150** schoolteachers and NGO workers will be invited to join one of the **six** Professional/Self-Care workshops. Among the latter, **60** inspired professionals will be invited to undergo one of the **two** Training of Trainers (TOT), which would ensure self-sufficiency and sustainability among the community on the long run.

Tripoli

The urban challenges shared across Lebanon are found in abundance in Tripoli. What is unique however is the unrivalled concentration of impoverishment, and the steepness of its descent from a pre-Civil War regional hub. Tripoli, Lebanon's second city, is indeed a city at risk, travelling along a self-reinforcing spiral of a weak economy served by weak infrastructure support. Historical events combined with the level of poverty present across both host and refugee communities have yielded a socio-economic and sectarian



conflict tinderbox. Home to affiliates of both sides of the Syrian conflict, Tripoli represents a concentration of potential to destabilize the country (UN HABITAT 2016)

Stories...



Kamal, a Lebanese 4th grader boy, got shot during the Tripoli conflict. The bullet has reached his liver. A surgical procedure to extract the bullet could affect his vital organs if carried out at such a young age. Hence the bullet remains lodged in the body as shown by his open wounds. Despite his injury, during the 3-day SRR workshop, Kamal gradually and confidently overcome his fear and his marginalization and interacted with his classmates.

Amjad, a 7th grader Syrian refugee who currently lives in Tripoli with his family, works in a barber shop in the evening and goes to school in the morning. He is the main provider for his family since his father is unable to ensure a stable job income. While in Syria, his family used to enjoy a relatively higher standard of living. Whether Lebanese or Syrian, several children are enduring a lot of pressure due to unresolved internal tensions and poverty.

Salam is a Syrian refugee living in Tripoli with her children, for whom she is the main provider. She left behind her life in Syria, her home, her big family and the support to help her paralyzed son. She hopes to go anywhere that would provide a good quality medical service to her son without the heavy financial burden. She wishes to go back home when things get better. Whether single parental family or not, many parents are facing difficulties in providing the minimal support to their children.

CO-FINANCING NEEDED - CSR OPPORTUNITIES

Do you know key stakeholders in the corporate sector, government, grant or funding bodies that might be able to help us secure the 25% co-funding required to implement this project? Kindly send us a message at info@peaceunit-iahv.org.

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