



## ***Know Yourself – Project Report – February 2025*** ***Ma7boobin - Divorce Care For Kids in Egypt (#50648)***

### **The Problem:**

Currently, there are no known programs or support groups in Egypt specifically designed to assist children of divorce, despite divorce rates in some areas reaching up to 46%. Children of divorce often experience profound emotions such as shame, guilt, rejection, and abandonment. Many do not feel comfortable discussing their feelings with their parents, believing their parents already have enough challenges to handle.

### **Our Solution:**

Ma7boobin introduces a structured support system for children of divorce, offering a safe and neutral environment where they can gain age-appropriate understanding of separation and divorce. Participation in Ma7boobin equips children with vital coping skills and emotional tools to navigate their individual situations. Through interactions with caring leaders and peers in small group settings, children develop a deeper understanding of their emotions and build healthy relationships. The program aims to reduce feelings of guilt and shame, promoting emotional well-being and resilience among participants. By fostering a supportive community, Ma7boobin aims to empower children of divorce to thrive despite challenging circumstances.

### **Our Solution in Action:**

The “Know Yourself” workshop, developed with children’s emotional development in mind, focuses on self-discovery, identity building, and emotional resilience. While the workshop was originally designed to help all children navigate their feelings, it has proven especially valuable for children of divorce, a group that often struggles with unique emotional challenges such as guilt, shame, abandonment, and confusion.

For children dealing with divorce, the “Know Yourself” workshop serves as a safe space to process their emotions and better understand the changes they are experiencing. Many children of divorce often feel isolated or believe their struggles are too burdensome to share with their parents. The workshop offers a neutral, supportive environment where

they can gain confidence in expressing their feelings and learn that their emotions are valid.

Through activities, discussions, and guided reflections, the workshop helps children uncover their strengths and build self-worth, particularly in the context of their family changes. It teaches them how to transform negative emotions—like sadness, anger, and guilt—into healthy coping strategies and positive outlooks. The children engage in self-reflection exercises that help them discover their own value, regardless of their family circumstances.

For example, one child, who had a hard time naming what she loved, found the workshop to be a stepping stone toward self-discovery. By helping children like her connect with their inner strengths, the “Know Yourself” workshop offers a key opportunity for children of divorce to heal and build resilience.

The long-term benefits are profound: as children process their emotions and develop a stronger sense of self, they become better equipped to handle the difficulties of their family situation. The workshop fosters hope and helps them see their worth, ensuring that no child feels as though they are defined by their circumstances. It’s a powerful tool not just for emotional healing, but for fostering a sense of belonging and self-love that will support them throughout their lives.



Ma7boobin is committed to supporting children of divorce in Egypt through structured, compassionate programming aimed at addressing their emotional needs and fostering resilience. By providing a safe space for expression and learning, the program seeks to make a lasting positive impact on the lives of participating children and their families.

**Thank you for making this work possible.**

**Dr. Laila Risgallah Wahba**

**Founder**

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