

EMPOWERING WOMEN, RESTORING HOPE

Mental Health Support &
Small Business Grants for
Vulnerable Women in Tunisia



A small investment
can change a life,
strengthen a family,
and build a better future.



EMPOWER
WOMEN



SUPPORT
WELLBEING



CREATE
OPPORTUNITIES



BUILD
INDEPENDENCE



THE CHALLENGE

Many vulnerable women in Tunisia face unemployment, financial insecurity, emotional distress, and social isolation.



Financial
Insecurity



Psychological
Distress



Social
Isolation



Limited Access
to Opportunities



THE SOLUTION

A 6-month integrated empowerment program combining mental health support, skills training, microgrants and mentoring to help 10 women rebuild confidence and create sustainable incomes.



Psychological
Support



Entrepreneurship
Training



Startup
Microgrants



Coaching &
Mentoring



Sustainable
Income

PLANNED ACTIVITIES

- ✓ Individual and group psychological counseling
- ✓ Confidence-building & stress management workshops
- ✓ Entrepreneurship and small business training
- ✓ Distribution of startup microgrants
- ✓ Personalized mentoring and follow-up support



EXAMPLES OF SUPPORTED SMALL BUSINESSES



Home-based
pastry & food
production



Sewing &
alterations



Handmade
products &
crafts



Onlins selling
through social
media



Beauty &
personal care
services

PROJECT AT A GLANCE



LOCATION
Tunis, Tunisia



DURATION
6 Months



FUNDING GOAL
USD 10,000



DIRECT BENEFICIARIES
10 Vulnerable Women



INDIRECT BENEFICIARIES
Families & Children

PROJECT BUDGET (USD)

Psychological counseling and support	\$1,800
Entrepreneurship workshops and mentoring	\$1,200
Startup microgrants for 10 women	\$5,000
Coaching and follow-up	\$800
Materials and logistics	\$500
Project coordination and monitoring	\$700
TOTAL	\$10,000

EXPECTED IMPACT



Improve psychological
wellbeing and
emotional resilience



Increase self-confidence
and self-esteem



Launch or strengthen
small businesses

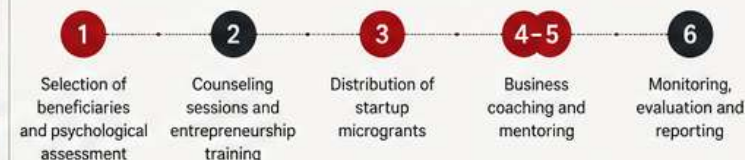


Achieve sustainable
income and financial
stability



Strengthen social
inclusion and community
participation

PROJECT TIMELINE (6 MONTHS)



*Together, - ♥
we can transform lives.*

PROJECT US

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SCAN TO LEARN MORE