



SANAD

Social center for Syrian & Egyptian women & girls
Safe spaces project for Syrian and Egyptians



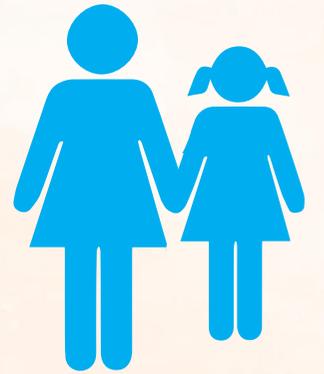
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صندوق الأمم المتحدة للسكان

Introduction into “SANAD”

A safe space is defined as a formal or informal place where women and girls feel physically and emotionally safe. The word “safe” in this context refers to the absence of trauma, excessive stress, violence (or fear of violence) or abuse. These spaces are intended for women and girls to feel comfortable, free of the fear of violence or abuse, and encourage freedom of expression without the fear of judgment or being prejudiced. This was the reason for the establishment of “SANAD” in 2016 which was established as a safe space in support of Syrian refugee women and girls. The safe space is supported by the United Nations Population Fund (UNFPA) with funding from the European Commission, in cooperation with Youth and Development Consultancy Institute (Etijah), “SANAD” was established in El Haram and New Damietta governorates which are situated in areas of high concentration of Syrian refugees. Egypt hosts a large population of Syrian refugees, the size of which is estimated at approximately 500,000; 120,000 of whom are registered with the United Nations High Commissioner for Refugees (UNHCR). Most refugees live in urban areas and cities such as 6th of October City, El Haram, 10th of Ramadan and New Damietta. “SANAD” targets Syrian female refugees because they have limited places to meet as the public places are usually overcrowded with men. Besides that, they always have their household chores such as cooking, cleaning, and constant childcare. This permanent childcare at home has proven to be the main obstacle that prevents them from having a chance to go out the house. Therefore, the creation of the safe spaces for them will contribute to an open space for women to encourage freedom of expression away from their duties and chores and from the presence of men. The main objective of “SANAD” as a safe space is to provide a safety zone for Syrian female refugees to help them integrate into society. Also, to provide them with medical and psychological support and to equip them with various skills to help integrate more in their local communities. To achieve that, the following are the three main programs that will be implemented:



500,000

**Syrian
Refugees in
Egypt**

120,000

**Registered
with UNHCR**

1) Psychosocial Support Services (PSS) program:

Psychological Impacts: Different levels of performance, including cognitive aspects (perception and memory), feelings and behavior. **Social Impacts:** Family ties, relations, social networks, cultural traditions and economic status, including daily tasks such as school or work. The terms “Psychological” and “Social” are used to emphasize the close correlation between psychological aspects of human experience and social experience. From here comes the role of psycho-social support which the safe spaces play in helping these women and their children, these families and their communities to improve their mental and social health. Psycho-social support is a continuous chain of support and care that affects the individual and his or her social environment in which they live. This kind of support comes from several activities that are undertaken in the safe spaces such as psychological support through art and music, psychological support through storytelling, and self-defense workshops.

2) The Vocational Rehabilitation (VR) program:

Certain activities have been developed that are both fit for the targeted women and suitable to meet the market needs through successive courses and certificates for them at the end of the course. Those courses include hairdressing, cooking, sewing and crocheting.

3) Reproductive Health Support program:

Sexual and Reproductive health (SRH) are areas of special emphasis in the safe space. Refugee girls and women may suffer from an array of SRH issues, including unsafe abortion and resulting deaths, high rates of sexually transmitted diseases (STIs) and human immunodeficiency virus (HIV). SRH support is provided in the safe space through various activities such as awareness-raising activities on adolescent and reproductive health thematic areas including family planning, antenatal care and other topics..

Reaching out to the Target Group:

The target group of “SANAD” center is Egyptian and Syrian women and girls. A database was created at the start of the center, which contains the data of those who live in El Haram and Damietta and is updated routinely. Women and girls are also reached through communicating directly with the work of the female social workers of the center because they work directly with the women and girls in the area. These female social workers are usually residents of the area, and are also considered part

of the targeted group to guarantee easy and quick outreach. Word of mouth is the predominant means of attracting new visitors to the center.

Briefing Sessions:

These sessions come after reaching out to the targeted groups with the purpose of briefing the women and the girls on the activities of the center and the services that it provides and how to benefit from them. These sessions include various activities such as a group breakfast or celebrating formal national holidays for Syrian-Egyptian culture exchange and welcoming the women and the girls, and providing adequate information about the center and its various services and how to apply in it.

The number that was targeted is as follows:

- Number of beneficiaries: 689 in El Haram and 626 in Damietta.

“SANAD” as a Social Center:

Women can interact with each other in the Centre away from the activities in form of group discussions or drinking coffee together and this highlights the free open space provided for them and supported by the center.

- Number of Beneficiaries: 978 in El Haram and 513 in Damietta.

Trips:

“SANAD” Center organized a number of trips that contain various psychological and recreational activities that alleviated the negative impact of displacement for women.

- Number of beneficiaries: 88 from Damietta and El Haram areas.

Participation of Talented Females in External Fairs:

“SANAD” Center encourages the talented females who learned some handicraft activities like crocheting in the center to participate in the fairs organized by various organizations.

- Number of participants in these fairs from “SANAD” center in El Haram is 35.

- Number of participants in an indoor fair held by “SANAD Centre in Damietta is 174.

External Visits by the Female Social Worker:

The psychologist undertakes some visits to places where Syrian women meet together.

- Number of visits: 12 visits per year, a visit per month.

Programs provided by “SANAD”:

1) Psychosocial Support Services (PSS) program

Refugees are people who have been forced to leave their homes because of wars and conflicts in an attempt to save their lives. The impacts that these wars have on the psychological and social health are results of the loss suffered by displacements, suffering from terrible accidents and living in an environment free from social networks.

Psychotherapy is the branch of medicine that deals with the human self and aims to fixing the trauma caused by the conflict resulted between them and the reality they live with. Its purpose is understanding the secrets of human self and dealing with its feelings. Also, understanding the fragile and delicate aspect of the feelings because they are one aspect that controls the development of individual's personality.

In this context, the safe spaces in the areas of El Haram and Damietta are called “SANAD” and provide psychological support through many activities as follow:

- Drama Psychotherapy Workshops (Psychodrama)
- Emotional Support Through Storytelling (Storytelling)
- Emotional Support Through Art (Art Therapy)
- Emotional Support Through Music (Music therapy)
- Emotional Support Through Dance (Dance Therapy)
- Self-Defense (WENDO)
- The Collective Psychological Support Sessions (Group Therapy)
- Case Management Workshops (Case Management)



Drama Psychotherapy Workshops

- Psychodrama is a type of psychological support that was developed by Levi Moreno who established the first professional association devoted to psychodrama therapy.
- Psychodrama is a blend of drama as an art and psychology as a science that deals with the human self. The term “psychodrama” consists of two parts: (Psycho) which means psychological part, and the other part (Drama) which is the theatrical performance.
- The main function of Psychodrama therapy is to help people open up about their emotions and their deep feelings through playing roles related to their past, present or future experiences. They react through acting certain types of scenarios that remake concepts in that person’s life by performing a theatrical role among a group. Through that suggestions are provided to this person in order to be able to deal with the same situation but different than usual. As a result, this person can change his/her behaviors again for the future.
- The psychodrama workshop is held by a professional psychiatrist specialized in such kind of psychological workshops in cooperation with his assistant and also with the assistance of the center’s female psychotherapist who is aware of the psychological circumstances of each case and to follow up any development with any case.



The Therapy is as follows:

A collective theatrical performance through which the person tries to reduce his/her psychological isolation. It is a practical method of treatment. This theatrical performance consists of:

- Therapist (Director): He or she is the psychiatrist and the therapist’s most prominent role is to choose the actors who will match the protagonist’s role in order to maintain harmony between them and generating the correct expression of feelings without worrying. However, the therapist doesn’t choose the topic /theme but he/she guides the people indirectly.

The Director (therapist) maintains the confidentiality of the scenes of this play’s because it is a therapeutic workshop.

- The Protagonist (The Participant): The protagonist of play is at the center of the scenes. He or she plays the reality of he or she already experienced in details, releasing their repressed feelings.

- The Group: The therapy will be among a group not an individual. So, the protagonist is part of a group of actors whose numbers range from 10 to 15 individuals. Sometimes, the number of actors reaches 25 actors. They can reveal their feelings and emotions spontaneously and freely even if it reflects views that are against the social groups that surround them like their family members or the employer... etc. Selection of the correct location is important because it is completely safe for actors to play their roles without anxiety or fear is then chosen.

The main goal of psychodrama is “social interaction” where the person who suffers from a psychological disorder learns how to adapt with others. Therefore, the interaction does not represent an element of stress, but an element that improves their mental health.

“Venting” is also one of the goals of psychodrama. The more the person is able to express their feelings and emotions, the better he/she is psychologically. This can be achieved through several methods like crying, verbal expression or sharing experiences. This makes the person feels the solidarity of others and that they are not the only person struggling with their feelings.

Phases of Psychodrama:

Every psychodrama has three phases as follow:

- **Warm-up:**

The warm-up serves to produce an atmosphere of creative possibility. This first phase weaves a basket of safety in which the individual can begin to trust the director, the group and the method.

- **Enactment:**

The enactment stage of psychodrama is characterized by the protagonist and director working together to tell the protagonist’s story through action.

- **Sharing and discussion:**

Sharing is a time for group catharsis and integration. It is meant as a “love-back” rather

than a feedback, discouraging analysis of the event and encouraging identifications. Points of most involvement by individual group members are identified, and each member finds out how he or she is like the protagonist.

Techniques used in Psychodrama are as follow:

- **Role reversal:** The protagonist steps out of their own role and enacts the role of a significant person in their life. This action can help the protagonist understand the other person's role and help the director (therapist) better understand relationship dynamics. Doing so may also help increase the protagonist's empathy.
- **Mirroring:** The protagonist becomes an observer while auxiliary egos take up the part of the protagonist, acting out an event so the protagonist can watch. This technique can be helpful when a protagonist is experiencing extremely negative feelings or is feeling separated or distanced from feelings or emotions about the scene.
- **Doubling:** A group member adopts the protagonist's behavior and movements, expressing aloud any emotions or thoughts that member believes to be the protagonist's feelings and thoughts. This technique can be used to build empathy for the protagonist or to challenge, in a constructive and non-aggressive way, some aspect of the scene or the protagonist's actions.

The ultimate goal of psychodrama is to help the protagonist (hero) knows other views through watching his/her experience played on the stage. Through discussion with the therapist and group members, the protagonist can be realize that there are better and more effective ways to deal the experience which influences him/her.

Objectives of Psychodrama:

SANAD Centre provides Psychodrama workshops in El Haram and New Damietta areas. Attendance rate: 79 Syrian women annually in El Haram, and 152 Syrian women annually in New Damietta.

Emotional Support through Storytelling

Emotional Support through Storytelling is to tell stories as a way of therapy. Storytelling is an important instrument in therapy. It helps to overcome life traumatic events and enhance the listener's thinking flexibility. It is also good for the body and mind together. Storytelling breaks the usual barriers, helps restore optimism and nourishes the imagination with the power required to achieve the objectives. On the physical level, it stimulates the immune system and speed recovery.

Successful psychological support which includes storytelling workshops is useful in knowing how the mind works. We can't know what goes on in the mind of the other person, but through their storytelling style, the therapist can learn a lot about the way of this person's imagination and thinking.

The storytelling workshop is held by a strictly chosen specialist trainer. Such trainer runs the workshops under the supervision of the female psychiatrist and the Centre's social workers in order to break the silence and isolation faced by Syrian girls and women, and to mitigate the impacts of conflict, displacement and living in diaspora by acquiring knowledge of some artistic methods of expression which is the storytelling.



Objectives of “SANAD” Center’s storytelling workshops are as follow:

1. Enable Syrian girls and women to practice the art of storytelling as an important means of expression, to express themselves and their problems, to contribute to the preservation of their human memory and cultural heritage, whether by writing, blogging or storytelling.
2. Provide the Syrian women and girls at the Centre with technical tools required for writing and blogging, and means that enhance storytelling and the optimal use

of their voice and improve its performance.

3. Produce a written product, involving the participation of trainees.

Achieving these goals comes through holding 8 3-hour sessions for 25 beneficiaries and the duration of these sessions could be up to 5 hours maximum for a couple of months.

These Sessions include:

1. Introducing participants to one another, which gives a space from the beginning for storytelling and personality description.
2. Introduction to the art of storytelling and ways of writing and performance.
3. Refresher vocal and motor classes.
4. Introduction to certain technical tools necessary to improve methods of storytelling for each trainee.
5. Reading a tale of heritage alternatively among trainees.
6. Hosting storytellers to learn different ways of other artists and storytellers and share their experience with trainees.
7. Group storytelling of one story.
8. The assignments on every story in every session and presenting them each time.

50 Beneficiaries annually in El Haram

24 Beneficiaries annually in Damietta

Emotional Support through Art

Art therapy is a kind of psychological support. The idea of art therapy is essentially to follow an art pattern such as painting or sculpture to help participants release their pent up negative energy and replace it with positive energy. Therefore, the participants' physical, mental and emotional conditions get improved. It is a modern trend that began to spread as an alternative to traditional psychotherapy which depends on lengthy talk-therapy sessions which end with prescribing some medications for the patient.

The overall goal of psychological support through art workshops: Psychological support for Syrian women through the practice of fine arts by following several methods as follow:

1. Relaxation and readiness: research has proved that there is a relation between the severity of stress and muscle tension which appears as a heartbeats, spasms of facial muscles or shiver in hands and nail biting, while readiness can be achieved through a "meditation" session.

2. Training on drawing, graphics and color psychology analysis to express various problems.

3. Self-understanding and observation, for example: drawing personal portraits for themselves and their colleagues. This can be a good start so it is clear how a person sees themselves and the others. It is also a way to express the problems that may be difficult to talk about.

4. Citing the experiment of Watson and Rayner on natural and conditioned stimuli for getting rid of anxiety and tension that often refugees feel.

5. Holding a photographed dance workshop for the trainees to see their bodies during rehearsing for reconciliation with oneself.

By targeting the Syrian women refugees in the age group of 18 to 30 years old,

- Attending rate is 124 targeted Syrian women in "SANAD" Center in El Haram

- 88 Attending rate is 28 targeted Syrian women in "SANAD" Center in Damietta.

Self-Defense for Girls

Science of self-defense or "WenDo" is a type of self-defense for girls was developed by a Dr. Ned Paige and Anne. Dr. Paige is an ophthalmologist who devoted himself to establish and develop a curriculum for training girls on how to defend themselves after the murder of an American young girl in New York.

"WenDo" trainer trains women and girls on scenarios that they often experience



such as harassment, domestic violence and rape. It is a mixture of self-defense methods that has been developed specifically for girls to be able to use them to defend themselves in their daily lives easily by using body language, eye contact and verbal expression as well as physical defense techniques that are easy to use in daily life.

"WenDo" does not require the targeted girl to be athletic or have big muscles to learn these techniques. WenDo can be learned easily even if the girl or women has never exercised sports in her life. Training vary between rehearsals for using voice, eye contact, body language, personal boundaries, self-perception and awareness and physical techniques. At the end of the training, the trainees break a piece of wood with a specific technique to be self-confident.

General Goals of "WenDo":

1. Knowing personal boundaries and its importance.
2. Raising the girl awareness of her physical value.
3. Teaching Girls how to avoid risky situations and take appropriate action when they occur.

"WenDo" training is provided by an experienced trainer through a one-day workshop targeting 15 trainees. Attendance rate is 36 beneficiaries in El Haram and 32 beneficiaries in Damietta annually.

Emotional Support through Music

The sounds around us have both useful and adverse effects. They also affect our physical and mental health. There is a negative impact of noise and unattractive music. On the other hand, there is another type of music that helps to improve our mood and relieve stress. Its positive impact also affects the body.

Therefore, psychological support through music has an important role. It is a process through which the support provider use all aspects of music: physical, emotional, mental, social, aesthetic and spiritual in order to improve the patient's mental and physical conditions. Music therapists mainly help improve the participants' health in several areas such as cognitive work, motor skills, emotional and social skills through the use of different musical areas such as: free improvisation, singing or listening to achieve the therapy goals.

Psychological support through music workshops at "SANAD" Center contribute

in breaking the silence and isolation faced by Syrian girls and women in a foreign society through equipping them by some knowledge tools on the role of music and its positive effects on physical and mental health, as music promote the highest values: integrity, solidarity, harmony and difference. Music is an eloquent language to express human emotions and has the ability to unite communities, and plays a key role in their development.

How these workshops help the participants:

1. Raise the cognitive awareness among Syrian girls and women with principles and methods of music analysis as one of the most important tools that help in the process of good appreciation for music.
2. Improve ability of lyrical performance among girls to give them the opportunity, as well as utilizing their voices in a way that does not harm them.
3. Enable them to link music and its tempo with movement and draw out the positive effects of music on their bodies.
4. Learn some musical instruments closely both through hearing it in a live performance or learn the basic use of them.



These goals are being achieved through holding four 3-hour sessions for 25 Syrian female beneficiaries. The duration of each session can reach a maximum of 4 hours.

These sessions include:

- Introducing workshop participants to one another.
 - Kinetic and vocal refresher exercises.
 - "Magic carpet" session for listening and fantasizing, led by one of the trainees.
 - Syrian songs.
 - Exercises on some percussion and rhythm instruments and some musical instruments.
 - Live performance of classic guitar in the presence of an artist and having a discussion with him/her.
 - Poetry recitation with background music session.
 - Home exercises and assignments.
- Attending rate: 64 beneficiaries in El Haram and 20 beneficiaries in Damietta annually.

Collective Psychological Support Sessions

These sessions are run by the female psychiatrist with the assistance of psychologists of the center for treating a number of participants who share similar problems and disorders through a small remedial group. The psychiatrist exploits the group impact on behavior of individuals.

Group therapy sessions are held weekly at "SANAD" center for Syrian women and girls of age groups of 17 to 60 years. The number of attendees ranges from 15 to 20 individuals per session. Workshops are held by two social workers.

Group therapy depends on several grounds:

- 1) Satisfying the psychological and social needs of the individuals.
- 2) Social standards and roles that determine individual behavior and roles in society.
- 3) Social harmony is linked to personal compatibility and the happiness of the individual lies in social interaction.
- 4) Social isolation as a cause of mental illness.

- Attending rate: 61 Syrian beneficiaries in El Haram and 72 Syrian beneficiaries in Damietta.

Emotional Support through Dance

Dance is a form of expressive art therapy. Such therapeutic method is based on the idea of the close link between the movement and emotions. Therefore, it effectively treat many mental and physical illnesses, from chronic pain to worst forms of.

These workshops are provided to Syrian targeted women and girls by one of SANAD Centre's experts. This workshop combines the creative process and the study of human movement in programs designed to achieve specific goals and therapeutic change through dance. Dance therapy is based on the premise that both of the body and mind interact with all human movement, consciously or unconsciously, and dance movements reflect the person's emotions. Therefore, the relation between the therapist and participants is based on non-verbal signals of body language. Thus, the movement is signal or indication of understanding their selves.

Through the unity of mind, body and spirit, the person feels perfection and the body begins to release negative energy through muscle response and effects. This depends on human perception of body movements and not on the dance moves itself, so that the person can discover their selves through dance, and express their feelings openly without worry. Then, the therapeutic effect of dance manifests.

The trainer's role lies in reading body movements and expressing them with verbally. Body movements become clearer and more accurate through dance. Workshops can also include breathing and meditation exercises to clear one's mind.

- Attending rate: 30 Syrian beneficiaries in El Haram and 18 Syrian beneficiaries in Damietta.

Department of Case Management

A dedicated department in the Center that is managed by a social worker, therapist and psychiatrist. This Department undertakes the following activities:

- 1) Identifying and assessing surviving cases or those prone to violence, abuse and neglect by the Centre's social workers.
- 2) Undertaking procedural work with individual cases of those exposed to harm and danger and following up with them through therapy.
- 3) Following up the implementation of the action plans of psychotherapy with the cases by psychologists. The plan may include individual follow-ups with the therapist in addition to enlisting the case in one of the mental activities in the Centre depending on the needs of each case.
- 4) Transferring cases that need therapy to a psychiatrist.
- 5) Following up the implementation of therapy and coordinating between the therapist and the case psychiatrist.
- 6) Empowering Syrian women through activities that increase their self confidence and the consequent positive impact on women and their families.
- 7) Ensuring integrated and coordinated group work to ensure quality service.
- 8) Updating data, accomplishments and challenges.

9) Providing periodic reports on the cases.

- Estimated numbers of cases that are treated with individual sessions in “SANAD” center are 179 in El Haram and 176 in Damietta

Sport Activity (Zumba)

Zumba sport is practiced in the Centre because of its health benefits for body and mind together. It helps to lose weight through continuous motion rhythm. It also activates blood circulation to maintain the level of blood pressure in the body. Moreover, it improves mental health as it was reported that after performing this exercise, the trainees have better mood and desire to do activities, chores. It also helps to get rid of depression and stress, and feel happy.

- Attending rate: 103 beneficiaries in El Haram and 221 beneficiaries in Damietta.

2) The Vocational Rehabilitation (VR) program

Vocational training is defined as a training that includes activities and courses designed for the rehabilitation of refugees to be able to enter the labor market and integrate into society. Vocational training fulfills the refugees’ need for developing and transferring their practical skills in a way that suits market needs in the host country. The importance of this tool is proved in refining existing skills or acquiring new skills to utilize in the labor market. It is also an effective tool to integrate refugees into the new society and help them demonstrate their will.



The first phase of this training that is provided in the safe space "SANAD" is to choose the topics that are appropriate for the targeted Syrian women and beneficiaries from this program and that fit in with their situations and what they want to learn.

The second phase is to form a network of relationships to communicate with an expert in areas and subjects to be done in “SANAD”. This expert has the experience and tools required for training subjects, lives in Syrian refugee community at the same time.

Then comes the implementation phase of the drills in the center, and the courses available within the program are:

1. English courses:

It is an academic programme provided by a trainer specialized in English to help them acquire the skills of English speaking, writing, reading and listening which will help significantly hone their skills and increase their opportunities in the labor market.

Attending rate: 85 Syrian beneficiaries in El Haram and 91 Syrian beneficiaries in Damietta annually

2. Vocational courses:

These courses cover diverse crafts that are suitable for women and demanded in the labor market. These courses are provided by an expert in each craft such as "cooking, crocheting, sewing and hairdressing"

Attendance rate:

(Cooking course): 41 beneficiaries in El Haram and 36 beneficiaries in Damietta annually

(Crocheting and Sewing course): 92 beneficiaries in El Haram and 186 beneficiaries in Damietta annually

(Hairdressing course): 122 beneficiaries in El Haram and 105 beneficiaries in Damietta annually

In the end, the beneficiaries are awarded certificates to be nominated later in the labor market. They also can run their own project using the craft they learned as a source of income for them. Moreover, they also can display their products at the workshops in different fairs to market them and benefit from them.

3) Reproductive Health Support program

Reproductive health is a state of complete physical, mental and social well-being and not merely the absence of disease or infirmity, in all matters relating to the reproductive system and to its functions and processes. This program also aims to improve the quality of life and personal relations through the provision of health care for women of reproductive age in order to be physically and mentally healthy and to maintain proper social conditions.

Reproductive health support program in “SANAD” center includes several topics which are provided through awareness sessions by specialists and experts in these different topics as well as events that discuss different topics on reproductive health and the challenges facing Syrian women and girls. It also refers cases to different service providers when needed. These topics are:

This topic includes the following:

- **Reproductive Health:**

- **Definition of Reproductive Health:**

The concept of reproductive health is generally defined as a state of complete physical, mental and social well-being and not merely the absence of disease or infirmity, in all matters relating to the reproductive system and to its functions and processes.

- **Reproductive Health Services:**

Services provided by SANAD Centre within the scope of the reproductive health program come under the name "life cycle". It shows that it deals with female health through the complete life cycle.

It educates adolescent girls about puberty and how to deal with this critical period of life. It also provides them with the information necessary to define the developments that happens to them at this stage.

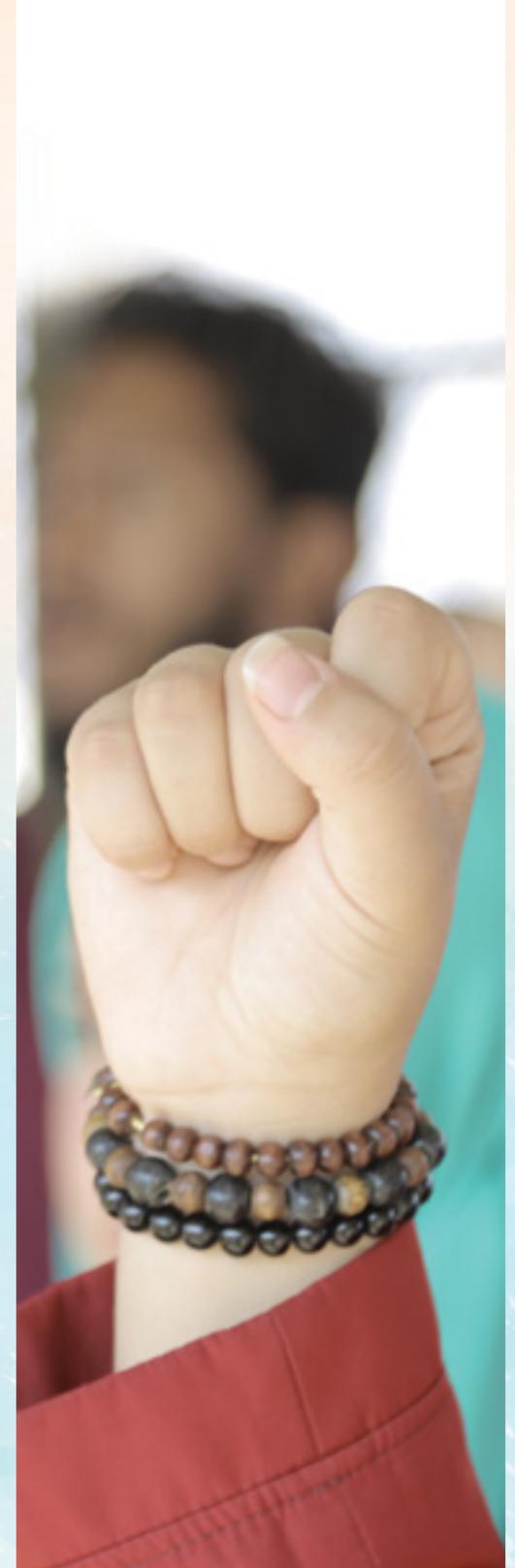
In the stage of marriage, pre-marriage examination and care are the most important topics as well as raising awareness of sexually transmitted diseases and ensuring that they are free from diseases that may be transmitted to the second generation.

During pregnancy, care and awareness are focused on educating the mother about the changes that occur to the female during pregnancy and postnatal. It also provides information on women's vagina discharge, anatomy of female reproductive system and menstrual cycle phases (ovulation and menstruation). Moreover, it covers the female personal hygiene during the menstrual cycle phases.

- **Gender:**

Awareness sessions in SANAD Centre are gender-specific, i.e. it is necessary to differentiate between physiological traits between women and men and their gender-specific social roles. They can also be educated about the different forms of violence against gender, or being confined to certain roles because of their gender.

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والمساعدات الإنسانية



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