



Featured program for January 2015

# Collateral Repair Project Equipping and Empowering Female Leaders



*Dining for Women*



Changing the world one dinner at a time

# Introducing Collateral Repair Project

This is the urban refugee woman – displaced by war, life shattered, possessions and status lost, community disappeared, with little hope to return. With little hope for the future, she is in despair, disempowered, and suffering from PTSD.



*“While every refugee’s story is different and their anguish personal, they all share a common thread of uncommon courage: the courage not only to survive, but to persevere and rebuild their shattered lives.” - Antonio Guterres, UN High Commissioner for Refugees (UNHCR)*

# What are we supporting?

\*The DFW grant of \$37,058 over 2 years will be used to teach refugee women to manage stress through health and wellness programs and develop leadership skills to activate leadership in the refugee community.

	Phase I 25 women (core group)	Phase II 75 women (3 groups of 25)	Phase III 125 women (5 groups of 25)
Psychosocial & Wellness Program	Trained volunteers 7 months 2 x per week	Core group trainers 7 months 2 x per week	Core group trainers 10 months 4 x per week
Nutrition & Health Seminars	Local trainers Monthly	Local trainers Monthly	Local trainers Monthly
Leadership Training	Professional trainers 16 days (4 days TTT*) Transportation	Core group trainers 12 days Transportation	Core group trainers 20 days Transportation
Field Trips to Women-Led Organizations	4 trips (Phases II and III) Transportation	None	None

DFW's grant will pay for all the program and personnel costs of the project.

# Life Challenges of Refugee Women

The majority of urban refugees suffer from PTSD, but women struggle the most with the deprivations and anxieties of refugee life.



- Refugees are not allowed to work
- Money brought from home quickly runs out
- Many have no bedding, no stove, no utensils for cooking or eating
- Rent is paid at the expense of food or education
- Idle husbands frustrated and angry
- Unlikely they can ever return to their home and former life

**A life of inactivity is forced on refugees, and they are burdened with the stress of having to rely on charity to survive.**

# The Program

Weekly and monthly classes, train the trainer seminars, and leadership workshops teach the women to help themselves and each other

**Psycho-social and wellness programs for stress management**

- Art therapy, yoga and relaxation techniques
- 4 times a week taught by trained volunteer

**Nutrition and health**

- Monthly seminars with a nutritious snack
- Basic nutrition and healthy cooking on an extremely limited budget

**Train the trainer support**

- Train 25 core group women in leadership
- Assist in leadership and nutrition training

**Leadership training**

- Teach 200 women how to be leaders in the community

**Field trips**

- 4 field trips to women-led organizations for core group
- Learn leadership best practices

# Program Budget

DFW's grant to CRP is \$37,058. Over a two-year period, it pays for all workshop and training expenses, materials, stipends, partial project director salary and all workshop and training expenses to educate and train 225 refugee women.

<b>Program Expenses</b>	<b>Cost</b>
Materials (yoga mats, art supplies, workbooks)	\$2,502
Snacks for health seminar participants	\$677
Lunches for workshop & training participants	\$6,497
Transportation and bus rental	\$3,948
Stipends for core group leaders	\$5,471
<b>Total program costs</b>	<b>\$19,095</b>
<b>Personnel and Administrative Expenses</b>	
Trainer salary (Leadership and Train the Trainer)	\$9,518
Project coordinator (60% of salary)	\$5,076
Administrative expenses	\$3,369
<b>Total Personnel &amp; administrative costs</b>	<b>\$17,963</b>
<b>Total Project Cost</b>	<b>\$37,058</b>

# Why we Love this Program

\*It serves urban refugees from conflict zones in neighboring countries, a unique population with very special needs who live in extreme poverty, suffer from PTSD, with little ability to improve their lot



- Because they are not allowed to work, a life of inactivity is forced on the refugees and they are burdened with the stress of having to rely on charity in order to survive.
- CRP goes beyond emergency services to address the stress and health/wellness needs of the female population.

# Stories of the Women - Nawal



- A practicing lawyer in Iraq, Nawal fled with her daughters after losing her husband, father, mother and sister to violence.
- She cannot control her life or work to support her family
- She suffers from depression that she cannot manage
- She does not resemble the empowered woman she was in Iraq

Nawal exemplifies the woman targeted by the CRP program

# Stories of the Women - Rasha



- Her family fled Iraq when her house was burned down in Iraq because of her husband's work
- They had little cash, no food and no furniture
- She remains optimistic despite the adversity
- She is very involved in the CRP community, volunteers daily, and her children all participate in activities at the center

Rasha exemplifies the core group woman.

# About the Organization

CRP was founded in 2006 by two American women, now retired, who worked passionately to stop the invasion of Iraq. They began providing charity services to Iraqi refugees in Amman, Jordan.



The Community and Family Resource Center opened in 2008 in the Hashemi Shamali neighborhood where many refugees live.

Today CRP offers a community building, education, and emergency aid initiatives.



# Where they Work.

Amman is the capital of Jordan, a small middle-eastern country about the size of the state of Indiana. It sits between Syria to the north, Iraq to the west, Israel and the West Bank to the west.



# Share Your Thoughts



*Dining for Women*

- \* What do you think are the most devastating aspects of refugee life in Amman?
- \* How do you think PTSD and an uncertain future can be overcome by the youngest refugees?
- \* In what ways do you think involving refugee women with little hope for their future in a health, wellness and leadership program will help them cope better with day-to-day life?