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One day Omar a seven-year-old Iraqi boy came to our art therapy program for ISIS survivors at Alhadaf Institute. He was bit on his leg, knowing Omar I knew he was hiding something when I asked him who did this to you, he looked at me with his big brown eyes and he said it was my sister. After confronting his mother, she burst in tears saying, I am a nurse, I am a good mother, this never happened before, I poured my fears my pain my hunger my trauma on my son, I looked at him and felt this painful need to birth new projects at Alhadaf Institute, a project that can prevent this kind of violence against Omar and other children, a project that can be more than getting income and protecting families from hunger.

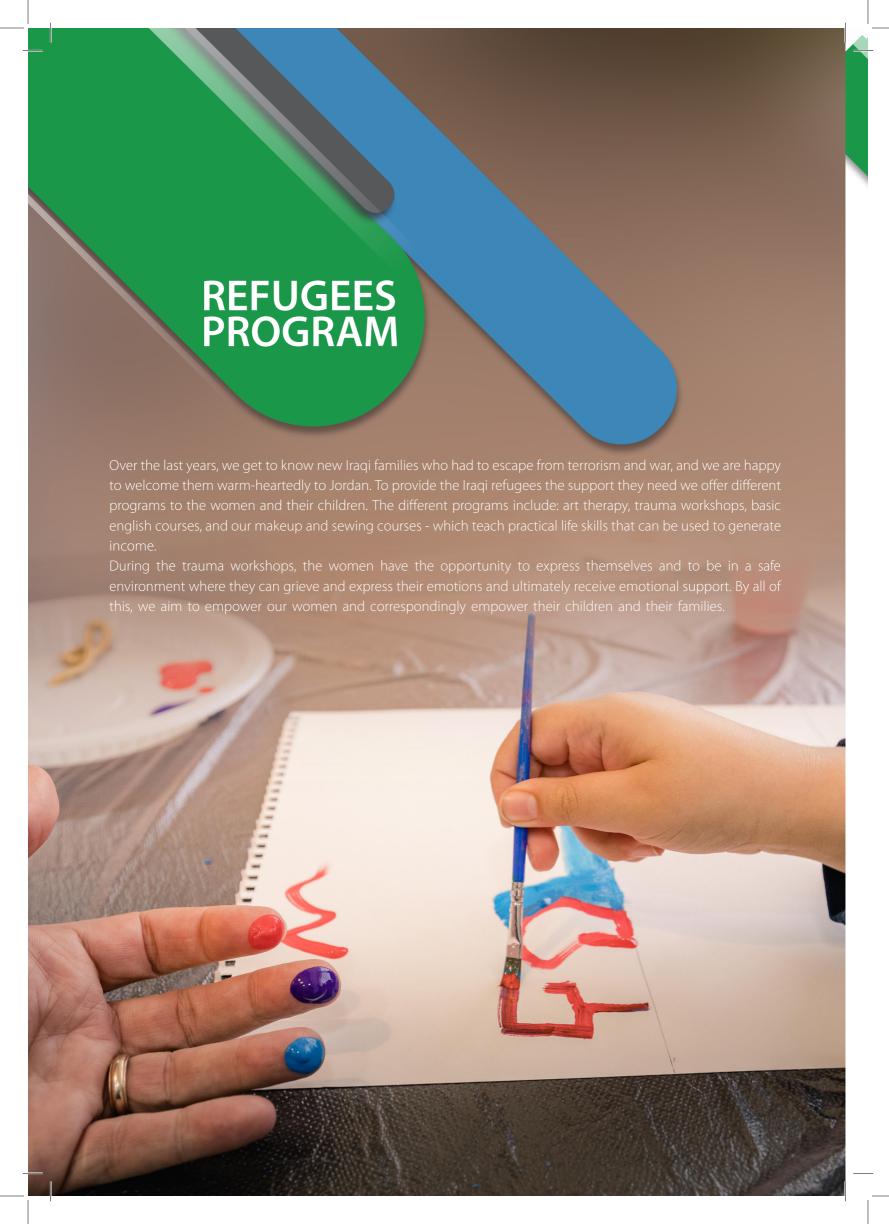
While I was preparing for the project that can complete our programs which starts with trauma workshops and art therapy for the refugees to English courses for the asylum seekers, I went through a study done by Dr, Barbra Sude which was done to decide why some refugees were let towards violence, terrorism and more and some did not? And one of the points that opened my eyes was the attitude and actions of the host countries, another point was helping refugees get jobs and make them feel they are a part of the country and provide safe environment for the women to grow and dream when no dreams were left, a space to learn new skills and get some income while they are rising and embracing their future and getting hold of their presence, so we launched a program that teaches women skills such as sewing courses and professional make up courses, so we can legally sell the products and the women can get some income while they are able to build a community of friendships and a safe environment to share their mutual struggles. We are lucky enough that the teacher now is one of the students who went through the course and is able to teach the skill as a paid volunteer so she can rise and help more mothers to rise with her.

We started taking wider steps in preventing violence in the Middle East so we decided to gather Jordanian students from the community with the Iraqi refugees where they both participated in the Art therapy program so the children can feel welcomed by the Jordanian community and they can capture love and respect of the students which was poured on the refugees and the Jordanian students can listen through art to the stories of the children escaping ISIS and flying to Jordan and see the dark face of such an ideology which is now called ISIS but it can approach them as another name and shape.

After Omar's Mother went through the four stages of our program from trauma workshops to art therapy to English Courses and getting high quality some secondhand clothes from our Al-Hadaf boutique, and receiving food packages wrapped with love by the end of each course to the final stage which was learning a skill (which was sewing) and she was good at it and she was able to sell more products than all the women together, not only Omar's leg was healed and not only they had food on the table but also the family heart and soul were able to survive until they were relocated in Australia, the other day she send me a note saying (Thank you for listening to the voice of God when my child was praying)

Maran Maayah AbuJaber President / Founder





# REFUGEES PROGRAM Trauma Therapy

Unfortunately, many of our Iraqi refugees are suffering from PTSD due to their harsh journey of arrival to Jordan after escaping ISIS since 2015. As we are doing our best to meet the needs of our beneficiaries, we have a trauma therapy program. We believe that this experience is a journey, and what we need to do is that we want to help these ISIS survivors reach a haven of peace safely.

On the trauma therapy program, the women enter Alhadaf Institute for the first time. It is extremely important for us that we make sure that they know that Alhadaf Institute is a safe place to share their stories and a safe station through their process from healing. One part of helping to achieve this is through identity and adaptation trainings. As all women are war survivors from another country, it is major to provide them with skills from certified trainers and volunteers from Alhadaf Institute and all around the world to adapt to the new environment positivity without harmfully affecting their personal identity. Other training sessions are given as trauma therapy sessions, depression and PPD training for the Iraqi mothers. The mothers also take this opportunity to ask personal questions about handling their emotions and actions and the raising of their children at the same time. Through this, they can find out about the influence their trauma has on their way of coping with their children and how they can improve their reactions and their understanding towards them.

Through trauma therapy, we also emphasize the importance of sensory workshops and not just verbal support. Through arts and crafts, both the moms and the kids together do not only enjoy a quality time of calmness and peacefulness, but also a chance to express themselves and tell their stories non-verbally. The messages that they deliver through their artwork are not only a reminder of the hope and security their families or friends give to them but also a memento that a small piece of art made by their own hands can bring hope to their hearts. Our families might have a long healing journey, but our role is to teach them that "it is ok not to be ok." This is the most important step, and once it is identified it is important to be able to cope with the mental health issues needing to be addressed. Through the healing process, the women start getting involved in all of our programs along with their kids. They become happy because... they are finally productive again!















### REFUGEES PROGRAM Art Therapy

The art therapy program provides a safe place for the children, to express all of the chaos in their heads into beautiful art; so they can open their hearts and receive encouragement and feel appreciated. In this environment the children can process the trauma they have experienced, and they could express their feelings and experiences in different ways, with colors, which can be a good way for them to cope with their emotions.

While their mothers gain skills in other programs, the kids have the chance to build their self-esteem and self-confidence and to learn important lessons that can help them to dream and to create their own goals for the future. Throughout this process, art and colors help the kids to see, and reveal their emotions and to open up to the Alhadaf Institute-Team also to the other children. Our certified trainers and volunteers along with the support of students interns from abroad lead these sessions on emotions and trauma healing to the children and to our women here at Alhadaf Institute. The ladies, as well as their children, profit observably from the opportunity, not only to talk openly about their changing emotions since they had to leave their home country but also through having our team there who helped them cope with their emotions as they came up.















"I haven't learned English for 24 years and now that I've gone back to it, I remember a lot that I learned before. Miss Joy is really nice and good. I thank her a lot for her hard work and for standing beside us. And I thank Alhadaf Institute for giving us this opportunity." – Ikhlas, an Iraqi mother.

Many of our Iraqi families are aiming to live in other countries as asylum seekers, especially in Australia and Canada. Therefore, English is a very valuable skill for them to have. It is important for the women to feel comfortable with their english skills so that they are comfortable and confident no matter where they eventually reside. This is the aim of our Basic English Program; we train the mothers of the asylum-seeking families with the appropriate communication skills so they can live in their new country without any language boundaries.

Using a curriculum tailored for the needs of the mothers, with beginner and intermediate level english speakers, our goal is to help those at the beginner level start to be able to read, write, and speak clearly at an intermediate level. For our intermediate level speakers, we aimed to help them master their reading and writing skills and to achieve fluency.

"I want to teach the women how to fish instead of giving them the fish, I want them to be productive and help their families."

Maran Maayah, Alhadaf Institute President / Founder.











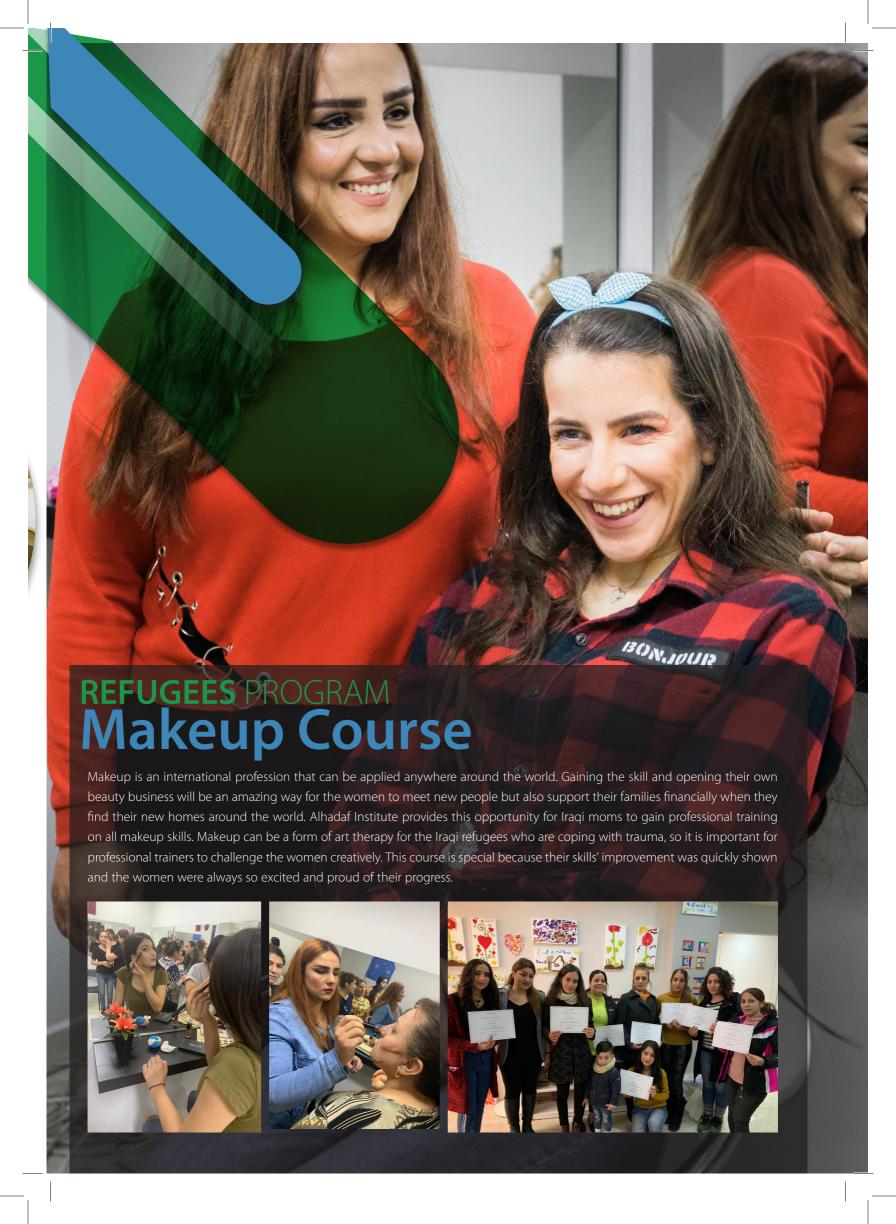


Learning a new skill is like opening a new door in life. That's what our Iraqi women obtain by visiting the sewing course. Learning to sew is one aspect of control that these ladies gain in their everyday life. Now they can fix clothes for their families, and with time they can fix clothes for others- earning some money and being able to pass their knowledge on to their family and friends. As the ladies progress in the course, they became more and more empowered as well. Their success exceeded all expectations, now the best students teach the sewing course to new students. Aside from clothes, the ladies learned to start sewing other household objects such as tissue boxes or pillowcases. The sewing course is a great way for the ladies to express themselves creatively while they also learn a wonderful lifelong skill.









## **REFUGEES** PROGRAM Self-defense Program for mothers and youth

Women in the Middle East survive in one of the highest places for chances of sexual harassment. Another reason of feeling unsafe is the fact that the Iraqi families live all together in a single room, so there is no sense of privacy with a high chance of inappropriate physical touch. As much as calmness can be restored from the self-defense workout sessions, the women are also able to protect themselves and their kids from any danger while walking in the streets. Further, Alhadaf Institute basic self-defense training help to restore a sense of calm and control in our ladies and for the children in our programs, while serving as a major role in healing trauma.















### **Youth Program**

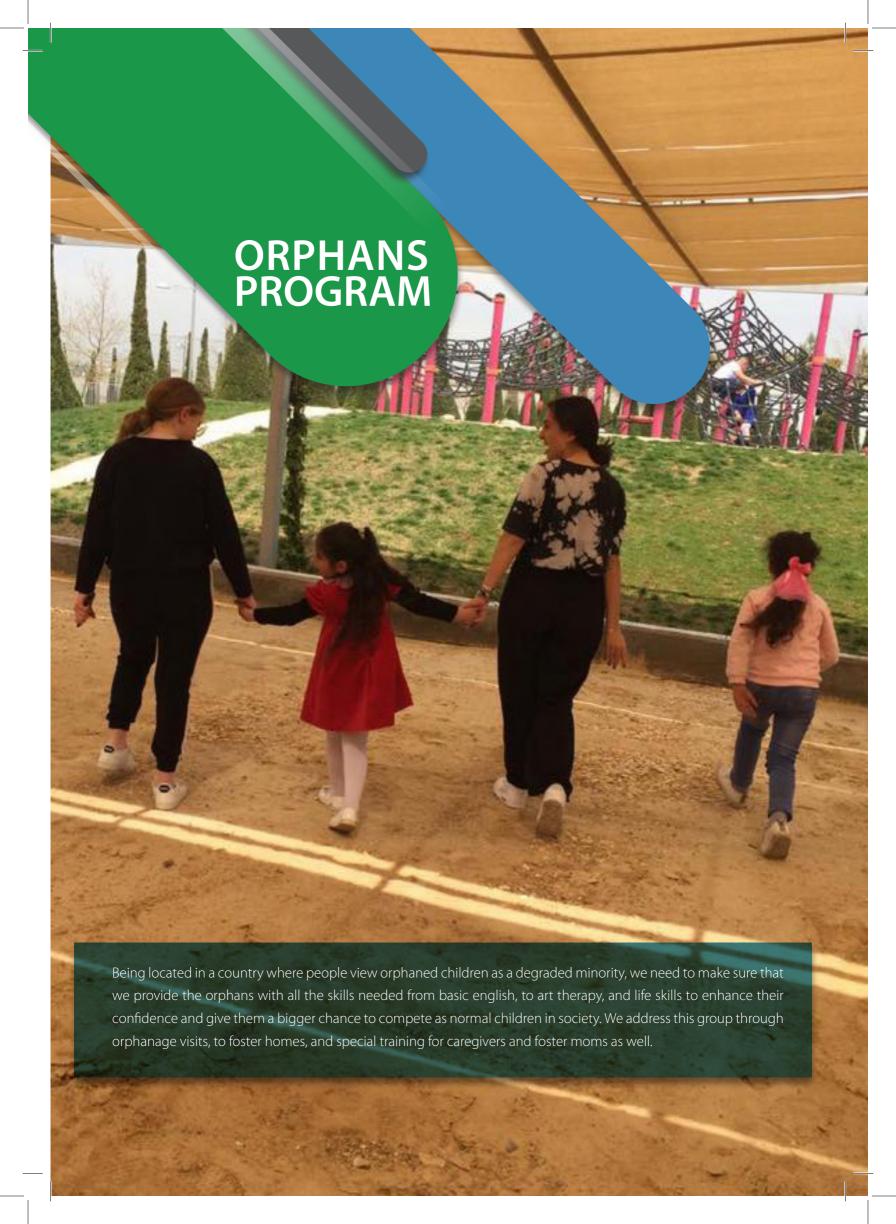
Our teens' program was a special motivational program for Iraqi teens, given by the trainer Ms. Madelaine Sweis (YouthMax Certified Trainer). In these sessions, the teens had the chance to talk and learn about themes that are specifically geared towards their age group - topics such as "who am I", self-appreciation and uniqueness, positive self-image, facing failure, and overcoming obstacles. Everything that our teens learned about themselves through our program helped them to build a healthy and strong sense of self as well as a stable life for themselves moving forward.

Our program offerings also included self-defense training. These programs were not only good for general health but also for mental wellbeing and building self-confidence. As they felt the positive effects, our teens loved to join in the activities.











## Orphanages

Infants are dependent upon the physical and mental care of an attachment figure. If the physical and emotional needs of children aren't met at an early age, they develop a sense of mistrust, which can have consequences for them later on in life. This is where we interfere. Since these children have already experienced traumatic incidents in their young lives, it is crucial to us that caregivers in the orphanages know how to take care of the children by meeting their needs and knowing how to interact with them so that any feelings of mistrust could be avoided.

To support the caregivers, we teach them how to listen, to pay attention, and to support each child in an individual way to help them with their daily challenges. In our partnerships with the local orphanages, we do not only train the caregivers, but we also do special programs with the children such as specially-tailored life skills training, art therapy sessions, and basic english courses. By providing all major skills of language, art therapy, and life skills; we turn them from dependent kids to mature adolescents. All our activities are age-appropriate and are aimed at strengthening their sense of self-love and self-confidence as they head towards an unclear future. Through this program, we help these girls to dream and plan for their future as they begin to shape it for themselves. through these trainings and programs, we can be a part of the development and growth that is taking part in the lives of these precious children. We have continued our visits to the orphanages, like the Dar AlKathem orphanage, and we are initiating a new partnership with a new foster home.







### ORPHANS PROGRAM Fostering Program

Although adoption in Jordan is illegal, but there is always a way to save the kids and give them the right to grow up in a healthy family. Through the fostering program, which is adopting a child without giving him the family name of his new parents, we are witnessing a major change in the mentality of accepting the orphan into Jordanian families. Being certified with attachment training certificates, we want to care for those who got the chance to grow up in a new family. Therefore, we provide their new families with the information and the training they need for becoming a foster family while accompany mothers during the process of fostering.







### **Health Program**

Our annual medical campaign took place in September in partnership with the New Life Church, Virginia Beach, USA, at the Greek Catholic Church at Marj Alhamam. Through collaboration with a great team of 22 doctors, nurses and social workers, along with a huge number of Jordanian volunteers, we served about 800 people from the refugee community, as well as orphans and other Jordanians in need.

Through a variety of medical services, we could address individual needs- from a full health check-up to offering reading glasses. Moreover, the team offered programs on the prevention of long-term health risks. We stepped it up this year, by tailoring each volunteer to work in their field of experience. Med students translated for doctors and psychology majors translated for the councilors and school teachers volunteered with the kids. We were happy to see more than 800 smiles for three continuous days while serving them with a smile as well.





The schools program is originally initiated to fight the mindset of extremism that easily leads to terrorism, which is slowly entering the minds of the Jordanian youth through different sources of media. The best way to overcome extremism is by having friends outside of one's personal community. To reach this goal, the possibility of easily connecting and getting to know others is offered through our schools program that is based on creating a healthy friendship between our Jordanian students and their Iraqi peers. This provided young Jordanian students and Iraqi refugee students with the opportunity to personally connect with each other through sports, cooking, dancing, and other fun activities that grew and strengthened their relationships. These meaningful friendships were important to overcome any discrimination these groups may have had towards each other.

Moreover, the Jordanian students are able to personally witness and connect with the innocent lives who survived the terrible consequences of violent extremism, having led peaceful lives before violence forced them to leave everything behind. Through their quality time, the students give a warning concerning violent extremism to others.



#### **SCHOOLS** PROGRAM

#### The International Academy - Amman

Over the years, we were blessed with the opportunity to have a partnership with The International Academy-Amman (IAA). With the IAA, we were able to do some special activities, such as celebrating Ramadan Iftar and Christmas events. We also spend a whole day together having fun, playing, eating, and getting to know each other more.

We are so grateful to IAA for putting on a wonderful fashion show in which the students of IAA showcased their clothes and the IAA did not only invite us to attend the show but also blessed us immensely by donating all of their funds from the show to Alhadaf Institute. Further, IAA continued their show of generosity through their Model United Nations team (I'MUN), which recognized Alhadaf Institute and supported us through their ceremony.

#### **Amman Academy**

This year our continuous partnership with AA bloomed through different creative activities with the refugees through the Schools' Program where our main goal to engage the Jordanian youth in community service and educate them about all the terrorism towards the innocent souls was accomplished successfully. AA students showed much respect and love towards the Iraqi children through playing and sharing meals with them .moreover, a unique friendship was born between the Jordanian youth and beloved beneficiaries.

Not only children had a share in AA programs, but mothers were engaged in art and crafts activities where they opened up and talked with the participants and shared their experiences.

AA arranged for Easter and Christmas huge celebrations for the Iraqi refugees to compensate for their loss and draw a smile on the innocent faces where gifts and food were shared. most important the Jordanian culture and love to give and care was conveyed through our youth.

"The whole family awaits Saturday to come so we can go meet our friends at AA and enjoy a couple of hours of a fun time, "said Feras, one of the Iraqi children who was enrolled in our Schools' Program.









## **Summer Camps**

We hold our annual kids summer camp where children of all ages are exposed to new activities and trainings to raise awareness of being a loyal citizen that cares to serve his/ her community through voluntary work. We also partake in an art therapy program where the children are able to express themselves through various art activities. The activities allow the children to be hands-on and portray their current thoughts and feelings through artwork. It is very important to the staff at Alhadaf Institute that we provide all the children with the tools and resources they need so that they can be well equipped to deal with any difficult situation that may come their way at school, such as bullying, but also in their community such as sexual harassment awareness, and anger management session. It is very important to be able to recognize your emotions and cope with them in the healthiest way possible, therefore our staff worked hard to instill a positive, optimistic, and team-based mindset within all of the children during our summer camp. Besides the kids' summer camp we have held a "pink" summer camp only for girls. This is a place that is safe for these young ladies to discover their inner beauty, and that they are special and loved because they are princesses at the end of the day! Ignite the love for others.

One of the goals of our summer camps was to send the kids back into their communities more self-aware, confident, and encouraged so that they could be even more of a blessing to their homes and communities. Moreover, we used the financial profit of the camps to finance our other programs.















#### **TRAININGS**

## TRAININGS Capacity Building Training

Dr. Emil AbuJaber | CEO / Co-Founder (PhD in Organizational Leadership)

Learning is a never-ending process, and here at AlHa Alhadaf Institute, daf, we aim to develop our team with all the skills and tools needed to step up our work. This is why we decided to continue our capacity building training with Dr. Emil AbuJaber (PhD in Organizational Leadership). Not only did our team benefit from this training but also hosted employees from other organizations working with traumatized children to help them improve their own standards of working and work quality as well. Through this training, we learned invaluable time management, problem-solving, and decision-making skills as well as about the value of self-improvement.





# TRAININGS Attachment Disorder Training Dr. Barbara Ruegger (PhD in Holistic Child Development)

This year, Alhadaf Institute was very lucky to have Dr. Barabra Ruegger come in twice, in February and July, to train our staff on attachment disorder. Dr. Ruegger has a PhD in holistic child development and is a trained nurse in Switzerland - needless to say, many of our mothers were happy to have her as a guest. It is very important to Dr. Ruegger, as well as the team here at Alhadaf Institute, that traumatized and vulnerable children are still able to form healthy and trusting relationships as they grow older. These are important topics that were emphasized in this training. What is more, that Dr. Barbara also had the chance for one to one sessions with our foster moms and was able to analyze and help in solving many cases the moms might have with their foster children.









#### **Special Training**

#### with Ms. Nada (head of Women's Ministry – Near East Organization – NEO Lebanon)

Visiting from Lebanon, Ms. Nada led a very special training for Alhadaf Institute, different volunteers and caregivers, along with social workers who deal with orphans, refugees, or vulnerable children. Not only the training was very heart-warming and personal, but it was very informative as well. It mainly focused on both helping and dealing with people with clinical anxiety and depression but also how to avoid burnout as a caregiver, which might be one of the highest risks when working in the social work field.





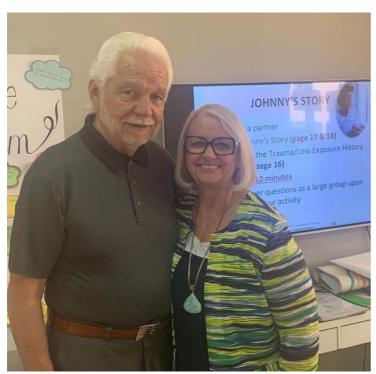


#### **TRAININGS**

#### **Advanced Trauma Care**

Dr. Ruby Johnston and Dr. Lynn Johnston. (certified from LAMb International)

We also had an ATCC which is certified by LAMb International, given by Dr. Ruby Johnston and Dr. Lynn Johnston. LAMb international is a leadership activated ministry that provides basic amenities to children overseas. Here at Alhadaf Institute, we understand how important it is to take direct steps towards improving the lives of those around us. This course brought matters into our own hands especially after all the attendees already took the basic Trauma Care Training last year. We were able to develop ideas and enhance our effectiveness in trauma care.













Since the founding of Alhadaf Institute, we have encouraged individuals to support us through voluntary work. Every year we are blessed with different groups of interns, who have become a primary resource for us in accomplishing a lot of our tasks and in supporting us in our programs. Most of our interns find their way to our office through our partnership with CET academic programs, which provides us with interns from the United States each semester from universities such as Gonzaga University, American University, and The University of Minneapolis. However, we also invite individual interns to take action and to become a part of our work should they feel called to do so. A special thanks go to the interns who served us this year and who became a huge blessing to our beneficiaries! We also want to thank those who will become a part of what we will be doing in the future!











# COMMUNITY PARTNERS



#### ANGELEO DESIGNS



















اللجنة النسوية لاتحاد الملاكمة









We were grateful to have community partners who share their knowledge, heart, and commitment with us at Alhadaf Institute. Of these partners was the amazing team from Avci System – Jordan, which is a martial arts program that focuses on responding quickly and efficiently to everyday situations and harsh circumstances. We were honored to have some great self-defense coaches from Avci System who volunteered with us at Alhadaf Institute, as well as Ms. Hsebeh who came from Jordan's National Boxing Team Female Committee.

Our Jordanian volunteers, who support special programs with the children we work with, are also vital to our organization. This year we were blessed by several volunteers who taught sessions on accessory-making. This program was not only held so the kids could enjoy their time but also to encourage them to use their fine motor skills- which can help reduce stress, along with their moms, to enjoy some quality time away from the noise of the harsh circumstances they have to go through each day.

#### Meeting for workers with vulnerable children

At the end of the year, we will have our first meeting with local partners who work with vulnerable kids, and we are looking forward to building our relationship with these community partners.





## **CAMPAIGNS**Winter Campaign





As most of the houses here aren't insulated, it can get very cold in the winter. When the founder of Alhadaf Institute, Mrs. Maran Maayah AbuJaber, visited houses of Iraqi families, she saw children sleeping in the cold, trying to stay warm with clothes instead of blankets, and witnessed another family using a hairdryer to provide heat. That was when it became clear that this winter campaign was crucial.

Each year, Alhadaf Institute initiates this campaign in January by distributing heavy winter blankets to Jordanian and Iraqi families in need, which provided vast improvements in the living conditions for these families. Suddenly, the harsh weather no longer became a problem, and Alhadaf Institute families were able to sleep at night, warm and safe.

In December, we also had the chance to partner with Rotaract Club Amman – Jerash in distributing heaters and blankets to many Iraqi and Jordanian families and we also received many generous donations from Jordanian families to support their Iraqi friends with all the winter supplies to give warmth to homes that have once lost it because of the war.



You know what they say- a cookie a day keeps hunger away! This year, Alhadaf Institute put on Cookies for a Cause- a campaign selling cookies in order to provide meals to families in need. The campaign spearheaded by Dr. Emil AbuJaber, sold lotus and coffee bean cookies out at local cafes. For every three cookies sold at Mindhub, Alhadaf Institute was able to feed a family in need for a week! Local support was overwhelming, and the food packages for the families were handwrapped by the Alhadaf Institute team with love to give to our refugee families at the end of the campaign. Giving back can sure be sweet!



#### **Back to School Campaign with Al Nisr Al Arabi**

To support the children and youth on their way back to school, Alhadaf Institute created the "Back to School" Campaign, which helped make the start of the year easier for those in need. We were honored that the event was sponsored by Al Nisr Al Arabi insurance company, and we want to thank you for the great blessing you were to us and the students.

During the campaign, the students received new school bags that were fully equipped so that they could continue or begin their studies without additional efforts to obtain the needed materials. The beginning of the school year is a crucial time in these children's lives as it opens the doors for so many new opportunities. It is their time to learn new subjects and to find out what they are truly passionate about in life. This is an exciting time in their life, and we were here to help them capitalize on and take advantage of this wonderful opportunity.







#### **Alhadaf Institute In News**











بقلم: شريف سامي البرغوثي









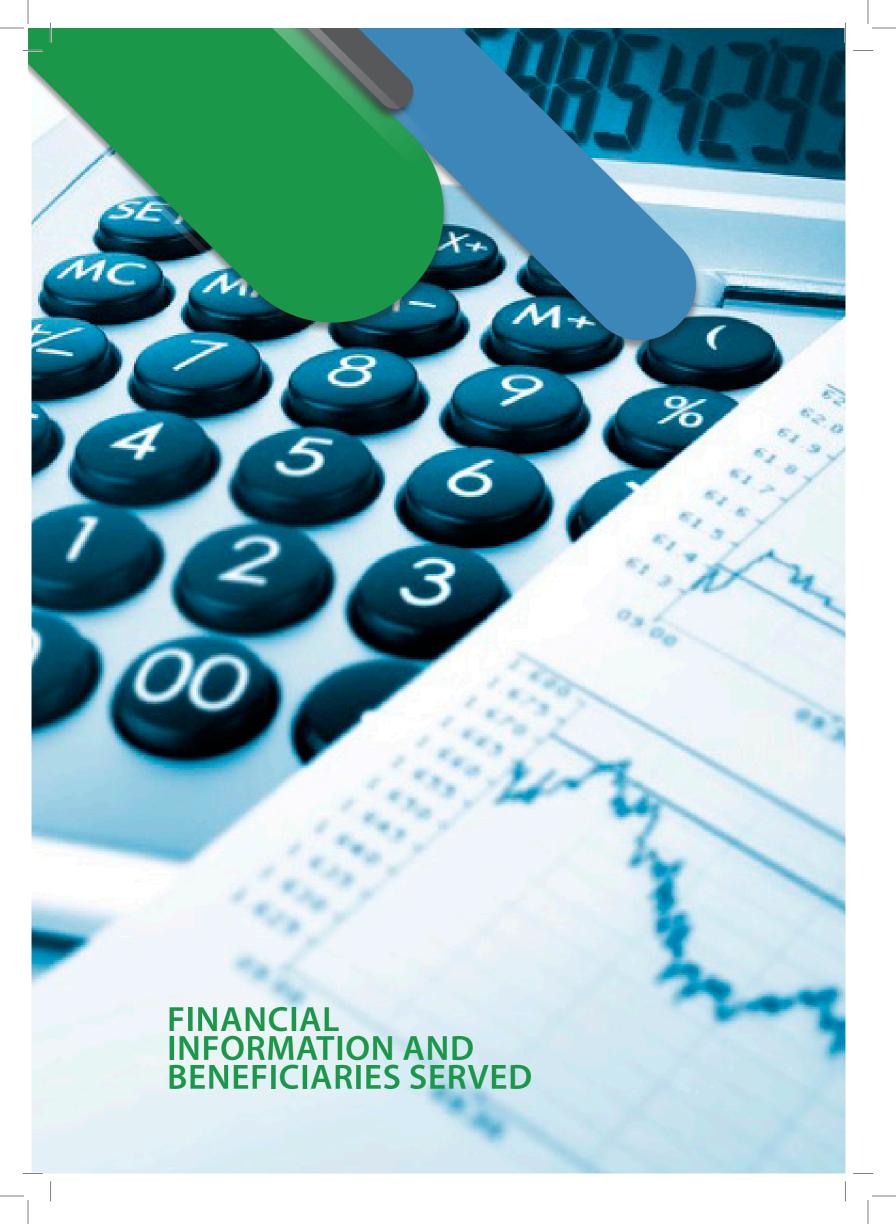


#### **Boutique**

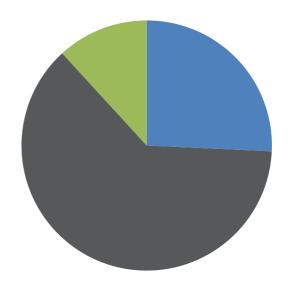
Our second-hand clothing boutique offers and dignified experience for the Iraqi Refugees to come and take the chance to relive the experience of shopping for free where all the donated clothes are in excellent condition, washed, ironed, and hanged to allow the Iraqi women to pick what they like for them and their families.

Our Interns and volunteers help around in organizing the shelves and hangers daily and according to the season to allow and provide a smooth experience and visit for the boutique.

Through the year 2019 we served around 1000 refugees and kept many bodies warm through the winter season.

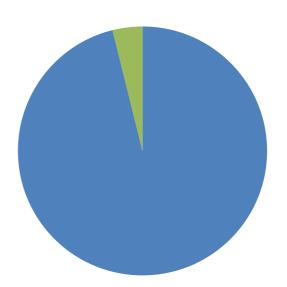


## Donation by Loction ■ Canada ■ USA ■ Jordan



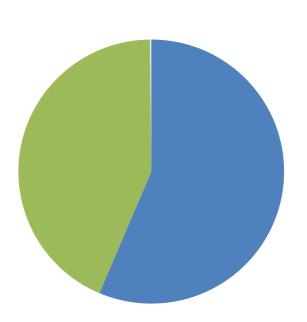
#### Donations by Donor Type

- NGO (organizations & churches)
- Individuals



#### Expenditure by Activity

- Program's Expenses
- Fixed General Expenses
- Fund Raising Expenses



Number of Beneficiaries	
programs	
Refugees Program	
Trauma Therapy	150
Art Therapy	180
Basic English Course	150
Sewing Course	160
Makeup Course	96
Teens Program	60
Orphans Program	
Foster Mothers Training	60
Life Skills Training For Orphan	60
Health Program (Medical Campaign)	700
Schools Program / Ngos	
International Academy – Amman	45
Amman Academy	45
Easter Celebration With Amman Academy	45
Amideast Jordan	30
Trainings	
Sexual Abuse Training for mothers	50
Sexual Abuse training for children	50
Capacity Building	50
Near East Organization	12
Attachment Disorder Training	10
Advamced Trauma Care / LAMb International	10
Local Centers	100
Campaigns	
"Aldafa Afa' Campaign "with Rotaract Club of Amman Jerash	500
Back to School Campaign with Al nisr Al arabi	75
Back To School Campaign with Shawerma Ammoun	150
Summer Camp	45
International Interns & Volunteers	15
Boutique	1000-700
Total	3500

#### Bank Account for Donations

Name: Shareket Al Hadaf Lel Tadreeb

**Account Number:** 0390107448615101

Swift Code: UBSIJOAXXXX

**IBAN**:

JO15UBSI1270000390107448615101

Bank Al-Etihad- Khalda Branch

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