

# AlHadaF Spring 2019

## Newsletter

### Capacity Building with

#### Dr. Emil AbuJaber

The past six weeks we started our Capacity training with our trainer and consultant Dr. Emil AbuJaber.

(Ph.D. in Organizational Leadership) We focused on many different topics, including time management, strategic planning, problem solving, decision making and emotional intelligence.

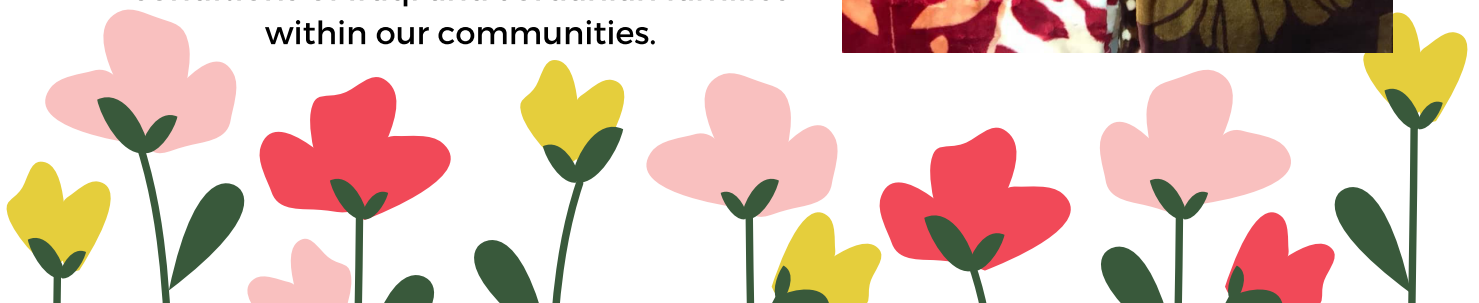


### Winter Campaign

"I visited an Iraqi house last winter; their children were sleeping in the cold using clothes instead of blankets. Then I saw another family in another house using the hair dryer to provide heat for their baby. This is when I knew that we have to initiate our annual winter campaign." - Maran Maayah Abu Jaber, founder and CEO This is when we started our Winter Campaign. The goal of this was to improve the living conditions of Iraqi and Jordanian families within our communities.

### English Class

This spring, we continued our work equipping our beneficiaries with English language skills, teaching two different groups. Our older group built on the English vocabulary we taught them already, learning how to communicate about different family members, months of the year, time, and prices. Our beginner group reviewed the alphabet, common greetings, and colors.





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## Makeup Course

Following our mission of teaching our beneficiaries useful skills, we continued our makeup courses. Another group of our mothers graduated from our makeup course this past month after being taught by a fellow Iraqi refugee.



## Art Therapy

We have also been continuing with our art therapy programs for the children. The children are introduced to many different art mediums as well as incorporating the English language into their art.



## Spring Holidays

Valentine's Day provided a wonderful opportunity for our mothers and children to express their love for each other. We spent time creating Valentines for all of our loved ones. Then, we celebrated Mother's Day. Our mothers are so near and dear to our heart and we loved the opportunity to celebrate them!







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## Kindness Rocks

This past month, we were grateful to welcome Nancy Bartosz, a teacher from Chicago. Nancy is working with the organization Hope for the Day to raise awareness around mental health. She led us through several great art therapy activities, including making "kindness rocks." With Nancy, we hosted a Skype session with Jacqueline, an art therapist from Chicago, USA. Jacqueline taught us that it is okay to say that you need to take a break.



## School Program - IAA Jordan

We partnered with the International Academy-Amman to give Jordanian and Iraqi children the opportunity to build friendships over games, bracelets, and delicious cupcakes! These activities were not only fun, but also helped us bridge the gap between Jordanian students and refugee students, in the hopes to prevent extremism in the future.

## Sewing Classes

Our complete beginner sewing class wrapped up this month. Our Iraqi women all received a certificate showing they completed the course. Like our makeup course, the sewing course aims to help the beneficiaries learn a useful skill they can hopefully utilize in the future.

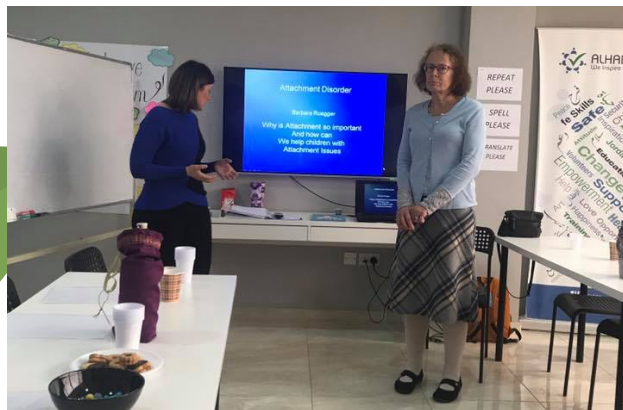




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## Saying Goodbye!

A few of our families have been granted asylum in countries such as Australia. As hard as it is for us to say goodbye, we could not be happier for the lives they are about to lead!



## Attachment Training with

### Dr. Barbara Rügger

This past month we had the pleasure of welcoming Dr. Rügger from Switzerland to give a two trainings focused on attachment to our foster mothers and to locals who work with orphans. We are very grateful to have the opportunity to bring in experts to help teach and support our community.

## Cookies for a Cause

In March, we were honored to launch a program, "Cookies for a Cause" with local cafés. We started with MindHub café and Dr. Emil AbuJaber created a cookie that combined Lotus with MindHub's coffee grounds. Our goal is to raise the funds to support our local Iraqi families. Cookies for a Cause is a beautiful combination of enjoying a delicious dessert while feeding a family in need for a week.



## Keep in Touch!



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