

FROM SAFE SPACES TO HEALING PLACES

To make our learning centers in Lebanon even more healing, MERATH provided training in trauma-informed care to all the teachers in the adult literacy classes. The training focused on understanding trauma, its effect on the brain, and how to properly administer assistance according to Do No Harm principles while being trauma-informed. It was a great time of team-building and sharing experiences.

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HELPING WOMEN BY EDUCATING THEIR CHILDREN



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After being displaced, Kamala's children spent three years without school. She shared: "I spent so many nights crying, worried about their future. I was very frustrated that my son was not able to read or write. Until one day, as an answer to prayer, I heard about the center. That discovery changed our life. The children love it and are so happy. I am myself more relaxed, and I have more alone time to take care of the house and the cooking and do everything I have to do."

[Full story](#)

STANDING BY WOMEN INSIDE SYRIA

Amina was pulled out of school at age 12 and sent to work, shortly before being married off to a man who treated her horribly for many years. She shared: "Previously, all I saw in myself was a broken woman feeling trapped, with nowhere safe and no door to salvation. But after attending the church's women's center, I discovered in me abilities that I did not know existed. The perception of those around me changed too. For the first time, I feel my voice is heard, and people even seek my advice. Today, I am a skilled seamstress, I have ambition, friends, and great hope."

[Full story](#)



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MERATH comes alongside local churches and faith-based organizations to implement relief and development projects for vulnerable families in the Middle East



MERATH is the relief and development arm of Thimar (previously known as LSESD). MERATH and Thimar benefit from the support of MEBO, a 501(c)(3) corporation that coordinates efforts among our US friends.