

Helping Women Help Themselves

Frustrated by the harsh treatment meted out to women of all ages, class and nationality in the name of false pride and undue justice, a number of relevant professionals conjoin all work experience to give relevance to those who deserve it the most the battered women and children of our society.

A Sanctuary for Resurgence

“Mera Ghar” (meaning My Home) is a crises intervention program which provides support to victims of gender based violence. It is a temporary shelter for women who have suffered at the hands of violence, injustice, abuse and oppression.

“Mera Ghar” is primarily focused on the *rehabilitation and social reintegration* of the abused women (and children).

To Pave a Path

Gender based violence can be curbed to a great extent through the establishment of ‘crises centres’ throughout the country. Our detailed rehabilitation and resettlement program can aid tremendously to counter this evil in the society

Striving for a Tomorrow

To end gender based violence for a more just and harmonious society is the ultimate goal of “Mera Ghar” Crises Intervention Program.

- Shelter Beneficiaries at
Mera Ghar - NET

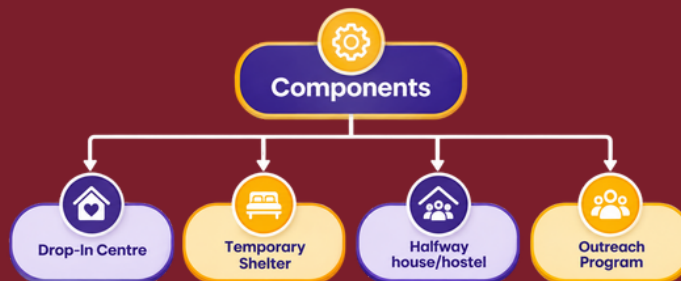
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Peshawar, Pakistan.



- Easy Access to Justice
- Psycho-social Support
- Increase Income

Vocational training skill (both of therapy and for income generation) are also taught to those who are willing to learn and improve their lives

Mera Ghar - NET Components



At “Mera Ghar” the focus is on healing and gradual empowerment through the following program

- *Crises Management*
 - Telephonic Helpline (in effect for women in distress who are unable to visit the office in person and who want to seek help/advice in confidence)
 - A Safe Shelter
- *Rehabilitation*
 - Psychological Counselling
 - Spiritual Counselling
 - Vocational/Occupational Therapy
 - Educational and Awareness
 - Medical Care and Support
- *Social Reintegration and Follow-up*
- *Legal Aid and Assistance*

Combining Forces

Established and maintaining linkages is essential for coordination at all levels within our society. Seeking such help we work with:

- The Police, Jail Authorities
- Judiciary, The bar Council, Lawyers
- Local Community, Human Rights Groups, NGOs, Private Sector
- Other Shelter Homes
- International Organisations working for Refugees, e.g IOM, UNHCR



Twenty year old Gulsanga, an Afghan Refugee affected by the Afghan conflict was registered under the Rar'ran program for approximately one and a half year. She had no clue of her parents, only a vague memory of an uncle who lived in one of the many camps in Pakistan. She recuperated from a highly traumatized mental state to normalcy after an intensive psycho-social support program. Eventually *Gulsana* moved backed to Afghanistan with an Afghan family that adopted her. She is now living with her

EMPOWERING THE DISEMPOWERED

Access to Justice &
Protection

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