

“16 Days of Happiness initiative”

within the 16 Days campaign to combat violence against women,



British Embassy
Cairo



لها ومعها



الجمعية المتكاملة
لعلاج الأزمات النفسية و الاجتماعية
و تأهيل المدمنين



Definition of the initiative :

- **Creating a campaign called “16 Days of Happiness” within the 16 Days campaign to combat violence against women, aiming to bring happiness and joy into the hearts of women and girls During which 16 activities were implemented**



A) A box was created, called “You are strong for her and with her,” “Happiness Box,” through which psychological motivational messages were distributed to provide moral and psychological support in a cheerful way and gift way.



B) Created a road show in the streets of Alexandria included 30 Harley motorcycles, 2 Dodge cars, forherwithher bus the road show walked through all the streets of Alexandria and received a very wide welcome from women and girls.



C) Two psychological workshops were implemented for youth, in addition to how to control impulses and emotions, they were urged to write letters to their mothers, sisters, and women within their families to raise their morale and support them psychologically.



ورشة عمل حملة 16 يوم سعادة



ورشة عمل حملة 16 يوم سعادة



D) 3 motivational workshops were implemented for women and girls who are exposed to violence from cases of the program. During the workshops, there was a happiness box in addition to the presence of an Alexandria girls' band. During these workshops, there was a great energy of joy and happiness from the girls and women, each workshop included approximately 50 women.



E) A Zumba and yoga workshop was implemented for women and girls who follow psychological sessions in the association within the program of joining the free workshop, and the results were very motivating and very inspiring for us to continue with these types of workshops in addition to the psychological sessions.



F) A psychological and social convoy was carried out in the Janoti area The convoy included a happiness box in addition to psychological sessions



I) We carried out a sea trip for 45 women and girls who follow psychological sessions, with the aim of bringing happiness and joy to hearts that have been exposed to violence and distress in life. We succeeded in implementing this activity and leaving a happy impact in the hearts of those women and girls with the participation of a girls' music group in Alexandria.



G) A psychological and social convoy was carried out in the Ibis 7 area The convoy included a happiness box in addition to psychological sessions.



انارة قلعة قايتباى باللون البرتقالى



K) A Human march was held in the streets of Alexandria on the last day of the 16-day campaign, which started from the association's headquarters in Fleming to Qaitbay Citadel in the Bahri region to illuminate Qaitbay Citadel on the last days by the orange light. Plus, we provided a "sound and light show for 150 girls and women from Alexandria.



H) The beginning of new groups of self-defense courses for girls, each workshop included approximately 50 girls.

H) The beginning of new groups of self-defense courses for girls, each workshop included approximately 50 men .