



## Workshop summaries

### Workshop 1:

**Place:** Center of Education Imintanoute, Chichaoua Province, Marrakech-Safi Region

**Date:** 16 to 19 January 2024

**Facilitators:** Houria chouhab. Educator: Nouhaila Elfatimi.

**Description:** This workshop was implemented in a center of education for children with disabilities. Their mothers usually wait for them in a room in the center from 9 a.m. to 2 p.m., in case their kids need them. Over the four days, we discussed the impact of the earthquake on the community, and how to overcome it. The houses of the participants did not fall, but what was challenging for them was dealing with their kids' disability, and calming them down ever since. The workshop was an opportunity to help 22 mothers renew their resilience system and understand their emotions as well as their kids to be able to express them properly.

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### Workshop 2:

**Place:** Tigdelt Village , Amghras Commune, Al Haouz Province.

**Date:** 16 to 19 January 2024

**Facilitators:** Majda Stitou. Educator: Hayat Abkhar.

**Description:** The women were motivated to start this training because of the emotional impact of the earthquake, which resulted in the loss of their homes and sources of income, and unforgettable bad times. The women were able to tell stories about overcoming memories and facing fear during the four days of training. It was also an opportunity to coordinate with another project to provide the necessary resources, particularly food. The women felt happy and satisfied with their work at the end of the training. They left with positive energy and good humor.

### Workshop 3:

**Place:** Asguen Village , Amizmiz Commune, Al Haouz Province.

**Date:** 22 to 25 January 2024

**Facilitator:** Houria Chouhab. Educator: Nouhaila Abkhar.

**Description:** For a period of four days in a row, 27 women and 24 kids from Asguen village committed to attending the psychosocial empowerment workshop. The majority of this community's inhabitants still live in tents, as their houses are either completely or partially destroyed. The workshop shed light on the importance of not getting used to external help and aids



related to the earthquake response, as the people seemed to be accustomed to that. In addition to the usual topics discussed in each workshop, we opted to concentrate on the *work* subject.

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#### **Workshop 4:**

**Place:** Anebdour Village , Assif El Mal Commune, Chichaoua Province.

**Date:** 22 to 25 January 2024

**Facilitators:** Majda Stitou. Educator: Hayat Abkhar.

**Description:** The training that took place in this village was the initial one, and for the women, it was their first experience. On the first day, the women were lost. They found it difficult to understand what we were about to say because they only speak Amazigh. However, I observed that they made an effort to comprehend and were enthusiastic about the training. During these 4 days, they found comfort. They discovered that psychosocial Empowerment training was necessary to handle the injuries caused by the earthquake.

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#### **Workshop 5:**

**Place:** Asguen Village , Amizmiz Commune, Al Haouz Province.

**Date:** 22 to 25 January 2024

**Facilitator:** Houria Chouhab. Educator: Nouhaila Abkhar.

**Description:** For a period of four days in a row, 27 women and 24 kids from Asguen village committed to attending the psychosocial empowerment workshop. The majority of this community's inhabitants still live in tents, as their houses are either completely or partially destroyed. The workshop shed light on the importance of not getting used to external help and aids related to the earthquake response, as the people seemed to be accustomed to that. In addition to the usual topics discussed in each workshop, we opted to concentrate on the *work* subject.

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#### **Workshop 6:**

**Place:** Sfiha Village , Ajdir Commune, Al Hocima Province.

**Date:** 22 to 25 January 2024

**Facilitator:** Zineb Laadam

**Description:** This psychosocial empowerment session held in Sfiha proved to be immensely beneficial for 27 women from diverse backgrounds, including teenagers and adults engaged in various fields such as social work, sewing, and cooking. All of these women are dedicated members of an association focused on sustainable development driven by women.



The workshop offered a supportive environment where participants found solace and valuable insights to enhance their overall well-being. They expressed gratitude for the positive impact on both their personal and professional lives, highlighting the relevance of the session to their specific roles. Many participants emphasized how the workshop provided valuable tools to manage stress, improve interpersonal skills, and enhance their overall work-life balance.

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#### **Workshop 7:**

**Place:** Sidi Ali Oufaress Village , Seti Fatma Commune, Al Haouz Province.

**Date:** 29 January to 1 February 2024

**Facilitator:** Houria Chouhab. Educator: Nouhaila Elfatimi

**Description:** 2 teams moved to this village to conduct the workshop for a total of 34 women. Each group concentrated on working with 17 women, and provided the necessary materials to overcome the aftermath of the earthquake. Just like any workshop

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#### **Workshop 8:**

**Place:** Sidi Ali Oufaress Village , Setti Fatma Commune, Al Haouz Province.

**Date:** 29 January to 1 February 2024

**Facilitator:** Majda Stitou // Educator: Hayat Abkhar

**Description:** The women of this village were interested in this training. They came early to attend and benefit from the aspects of this workshop. The women at the beginning start to tell what they experienced, they couldn't forget the sound of the earthquake, the blue light, the cry of the women and children. During the training there was a notable reaction between the women especially when they talked about emotions. They were able to talk about their problems, their challenges, and also talked about body and religion.

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#### **Workshop 9:**

**Place:** Imi N'Tala Village , Anougal Commune, Al Haouz Province.

**Date:** 05 to 08 February 2024

**Facilitators:** Bouchra Zine and Houria chouhab. Educator: Nouhaila Elfatimi.

**Description:** This workshop was conducted in a shelter because there was no other place to work and all the villagers lost their houses and still live in shelters. Women were so depressed because of the loss of their families in the earthquake. That's why the workshop was a great opportunity for them to express their hidden feelings and start thinking positively again.

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## Workshop 10:

**Place:** Inghede Village , Anougal Commune, Al Haouz Province.

**Date:** 05 to 08 February 2024

**Facilitators:** Majda Stitou and Ilham Safi. Educator: Hayat Abkhar.

**Description:** This village was strongly affected by the earthquake. The first exercise carried out was relaxation through music. That's when the women started crying uncontrollably. The women recounted their experiences during the earthquake as if it had happened yesterday, not forgetting even the smallest details. During the workshop, the women mentioned and confirmed that they happy to attend this training, they have learned a lot and have changed their way of thinking towards the positive.

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## Workshop 11:

**Place:** Tores Village , Beni Boufrah Commune, Al Hoceima Province.

**Date:** 05 to 08 February 2024

**Facilitators:** Zineb Ladam

**Description:** At first, communicating with the women in the workshop was challenging because they were hesitant to have trusting conversations with everyone, but gradually, they began to open up, talk, and interact more actively. They expressed how much this workshop meant to them, as it provided an outlet that they've been lacking for quite some time. They are affiliated with an association, however their activities within the Douar have been limited to literacy lessons. As the workshop came to an end, we discussed the possibility of establishing a cooperative to harness their skills and talents, which encompass cooking and bread-making, especially during the tourist season when visitors flock to the area.

## Workshop 6:

**Place:** Beni Yetef Village , Snada Commune, Al Hocima Province.

**Date:** February 9, 13 to 15, 2024

**Facilitator: Zineb Laadam**

**Description:**



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## Workshop 12:

**Place:** Tagadirt Ait Ben Said Village , Amghras Commune, Al Haouz Province.

**Date:** 19 to 22 February 2024

**Facilitators:** Bouchra Zine and Houria chouhab. Educator: Nouhaila Elfatimi.

**Description:** Because of the earthquake, people of the village lost all their houses and they are living in tents. So, we had to work in the woods under the shadow of the big Olive trees. Women of this village were so excited to know more about us and what the High Atlas Foundation was bringing to them. During the four days of the workshop, women were active and they interacted with the topics of the workshop. On the last day, they expressed how the empowerment workshop helped them to rebuild their trust in themselves and encouraged them to start their own business (cooperative).

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## Workshop 13:

**Place:** Tagadirt Bouimzgane, Amghras Commune, Al Haouz Province.

**Date:** 19 to 22 February 2024

**Facilitators:** Majda Stitou and Ilham Safi. **Educator:** Hayat Abkhar.

**Description:** The training took place outside under the trees because all the families lived in tents. Les femmes interacted with most of the topics. They were able to express their emotions and life priorities, and they enjoyed all of the activities, particularly the sports session. They expressed their happiness at the end of the training and said goodbye to us by playing music.

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## Workshop 14:

**Place:** Anmitter Village , Telouet Commune, Ouarzazate Province.

**Date:** 26 to 29 February 2024

**Facilitators:** Bouchra Zine. Educator: Nouhaila Elfatimi.

**Description:** Anmitter's women were ones of the most active and motivated beneficiaries of the program. They were on time full of energy to learn more about essential things in their lives. The workshop was implemented in a well equipped complex where the local association works. Also, women of Anmitter village used to work in that place too. They were producing different types of



sweets and bakeries. During the four days, women expressed their high motivation to be empowered. They showed their willingness to start working.

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#### **Workshop 15:**

**Place:** Anmitter Village , Telouet Commune, Ouarzazate Province.

**Date:** 26 to 29 February 2024

**Facilitators:** Majda Stitou. Educator: Hayat Abkhar.

**Description:** The women were disciplined and committed during the training in this douar, which took place in favorable conditions. Women were open to receiving information and active in all activities. The women were happy with our visit. They requested that we stay with them for a week. At the end of the training the women felt comfortable and tranquil.

#### **Workshop 16:**

**Place:** Ait Harb Village , Ouirgane Commune, Al Haouz Province.

**Date:** 04 to 07 March 2024

**Facilitators:** Bouchra Zine . Educator: Nouhaila Elfatimi.

**Description:** This time, the workshop was totally different. Women of Ait Harb village used to welcome us by playing their local music and dance. It was their way to express their happiness and motivation to meet us and learn more about the program. Their singing and dancing didn't hide their tears toward what they lived in the earthquake. They had many hidden feelings of disappointment and fear. Women were so happy and excited to attend this workshop and they expressed the change they lived through thanks to the workshop.

#### **Workshop 17:**

**Place:** Ait Harb Village , Ouirgane Commune, Al Haouz Province.

**Date:** 04 to 07 March 2024

**Facilitators:** Ilham Safi. Educator: Hayat Abkhar.

**Description:** The workshop was completely different this time. The women of Ait Harb village used to play traditional music and dance to greet us. They used it as a means of expressing their joy and inspiration to come see us and hear more about the initiative. Their tears for what they experienced during the earthquake were visible through their dancing and singing. They were filled with a lot of repressed disappointment and terror. Women mentioned the changes they had experienced as a result of the course, and they were ecstatic to participate.

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**Workshop 18:**

**Place:** Old Medina, Marrakesh province.

**Date:** 23,29,30 March and 03 May 2024

**Facilitators:** Houria Chouhab, Bouchra Zine, Ilham Safi, Nouhaila El Fatimi and Hayat Abkhar.

**Description:** This time, the workshop was conducted in a girls' house where there were many university female students from different ethnic and educational backgrounds. All girls used to consider the house as their own. The participants weren't excited to start the empowerment workshop because they were afraid to talk about their pains again. But, once the facilitators started talking about women's life, body and dreams, they started interacting freely. On the last day of the workshop, girls showed their happiness and gratitude by playing music and singing. They were very thankful to the program because they faced their fears.

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**Workshop 19 and 20:**

**Place:** Widraren village, Aghbar Commune, Al Haouz Province

**Date:** 15 to 18 April 2024

**Facilitators:** Majda Stitou, Ilham Safi, Bouchra Zine and Houria Chouhab. Educator: Hayat Abkhar and Nouhaila El Fatimi.

**Psychologist:** Mariem

**Description:** The distance from Marrakech to this village was very far, and the journey to reach it was very exhausting. Once we got to it, we discovered that it was worth it. We found that the community was physically and psychologically damaged, women, men and children. During the first day of the workshop, the women were eager to receive psychological support to improve their situation and be able to return to their normal lives in a better way. The women expressed their happiness with our arrival and received us very well. The women were able to express their feelings and liberate themselves from the aftermath of the earthquake. They expressed their desire to work and start a cooperative.

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**Workshop 21 and 22:**

**Place:** Widraren village, Aghbar Commune, Al Haouz Province

**Date:** 15 to 18 April 2024

**Facilitators:** Abdellah Laaboudi.

**Psychologist:** Mariem

**Description:**

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**Workshop 23:**

**Place:** Anbdour village, Talat n Yakoub Commune, Al Haouz Province

**Date:** 23 to 26 April 2024

**Facilitators:** Ilham Safi and Bouchra Zine. Educator: Hayat Abkhar.

**Psychologist:** Mariem

**Description:** Anbdour village is located near the epicenter of the Al-Houz earthquake (Ighil commune), which made all the houses of this village collapse and fall. This led the inhabitants to go out and live in tents from the night of the earthquake until now. The whole village became tents without houses.

But when we arrived at the village and met the women who would be attending the workshop, they were tired, tired and sad. Eight people died among the women and children. The beneficiaries cried a lot when they started talking about the night of the earthquake because they remembered the fear, the horror, and the horrific scenes. The first day was a breath of fresh air

for them after they released what was hurting them and what they carried inside them, especially their tears, all this made the beneficiaries ready to learn new things and try to improve their conditions for the better. On the last day, we talked about the work focus, which was the most important paragraph for them because they were really interested in changing their lives and bringing income to help their husbands, children and themselves. Two volunteers from Corps Africa Morocco were in the village, who were working with the women to create an agricultural cooperative that makes food for livestock.

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**Workshop 24:**

**Place:** Outagheri village, Talat n Yakoub Commune, Al Haouz Province

**Date:** 23 to 26 April 2024

**Facilitators:** Majda Stitou. Educator: Nouhaila El Fatimi.

**Psychologist:** Mariem

**Description:**

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**Workshop 25:**

**Place:** Agni village, Ouirgane Commune, Al Haouz Province

**Date:** 29, 30 April and 01, 02 May 2024

**Facilitators:** Majda Stitou and Ilham Safi. Educator: Hayat Abkhar.

**Description:** After the earthquake, the villagers of Agni are living in tents because their houses fell down and were badly damaged. On the first day, the women welcomed us by playing traditional instruments to express their joy for us and their guests, this was one of their customs and traditions. The beneficiaries were very disciplined, showing up on time, participating during the workshop, and expressing their opinions, ideas and experiences in an atmosphere of respect, listening and appreciation. The women were all eager and enthusiastic to learn something new. But all this did not hide the pain and anguish they endured in their daily lives and the night of the earthquake, which added to their fear and anxiety. It was a very difficult night for them and their families, as they still live in fear of a repeat of that night. But after the four days, we noticed a big change in the women, as they started asking how they can change their lives for the better, and develop their situation for a bright future.

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**Workshop 26:**

**Place:** Agni village, Ouirgane Commune, Al Haouz Province

**Date:** 29, 30 April and 01, 02 May 2024

**Facilitators:** Bouchra Zine and Houria Chouhab. Educator: Nouhaila El Fatimi.

**Description:** Agni's residents are living in tents as a result of their houses collapsing and suffering severe damage following the earthquake. As part of their rituals and traditions, the women greeted



us on the first day by playing traditional instruments to show their happiness for us and their visitors. The beneficiaries demonstrated excellent discipline by being punctual, engaging in the workshop, and sharing their thoughts, ideas, and experiences in a respectful, appreciative, and listening environment. Every woman was excited and ready to learn something new. However, this did not lessen their fear and anxiety because it did not cover up the suffering and agony they experienced on a daily basis and the night of the earthquake. It was an extremely trying evening for them.

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#### **Workshop 27:**

**Place:** Mellah , El Bahia, Marrakech Prefecture.

**Date:** 20 to 23 May 2024

**Facilitators:** Fatima Zahra Laaribi, Majda Stitou. Educator: Nouhaila Elfatimi

**Psychologist:** Mariem

**Description:** The workshop was implemented this time in an urban area, specifically the Jewish quarter, Mellah, where most residents lost their homes. Sixteen women suffering from psychological and mental health issues attended the workshop, along with thirteen students from Virginia University. This workshop was hosted at the Association Baraka Idman addiction medicine center in Mellah, in cooperation with the International Academy for Training and Accompaniment and the Golden Generation Association for Development and Solidarity.

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#### **Workshop 28:**

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**Place:** Ait Othmane Ouhsein village, Ait Imour commune, Marrakech province.

**Date:** 21 to 24 May 2024

**Facilitators:** Ilham Safi . Educator: Hayat Abkhar

**Psychologist:** Mariem

**Description:** The people did not lose their homes in the earthquake, they only developed cracks, forcing them to live in tents. for a specific period and after that they returned to their homes. We were working in the house of the cooperative president. The women of this village were very excited to learn more about us and what the High Atlas Foundation has to offer them.

During the four days of the workshop, the women were active and interactive with the workshop topics. On the last day, they expressed how the empowerment workshop helped them rebuild their self-confidence and encouraged them to develop their own project, which we started again (the cooperative).

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#### **Workshop 29:**

**Place:** Ouaougmont village, Ouirgane commune, Al Haouz province.

**Date:** 04 to 06 June 2024

**Facilitators:** Ilham Safi and Bouchra Zine . Educator: Hayat Abkhar

**Description:** The road to Ouaougmont village is difficult and far, but that didn't stop us from reaching this village because the women were really interested in attending the psychosocial support workshop. We noticed this interest and passion when we arrived at the workplace where the women showed up on time. We worked in the village mosque because the road to the residents' homes is very difficult. From the first day, the beneficiaries expressed their interest to learn new things and benefit as much as possible from this workshop, and the women responded and shared their thoughts and expressed their feelings and what's inside them. They were hardworking and disciplined women. The ambitions of these women were to change their situation for the better and provide good living conditions for themselves and their families.

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#### **Workshop 30:**

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**Place:** Ouaougmont village, Ouirgane commune, Al Haouz province.

**Date:** 04 to 06 June 2024

**Facilitators:** Majda Stitou and Fatima Zahra Laaribi . Educator: Nouhaila El Fatimi

**Description:**

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### **Workshop 31:**

**Place:** Ourika commune, Al Haouz province.

**Date:** 10 to 13 June 2024

**Facilitators:** Ilham Safi and Majda Stitou . Educator: Hayat Abkhar

**Description:** The workshop was attended by 31 women from several cooperatives and associations from Ourika commune. Among the beneficiaries were some of the women who had benefited from the IMAGINE workshop and were eager to attend the psychosocial support workshop. The beneficiaries were active, talking and sharing their ideas. They also shared some personal and practical experiences, which made them get rid of what was hurting them and let it all out. The workshop was very useful for the beneficiaries as the women learned new things and corrected misinformation.

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### **Workshop 32:**

**Place:** Ourika commune, Al Haouz province.

**Date:** 10 to 13 June 2024

**Facilitators:** Fatima Zahra Laaribi and Bouchra Zine . Educator: Nouhaila El Fatimi

**Description:** There were 27 women attending the workshop. They were from more than four women cooperatives from Ourika commune. Their main activities are different but they were all motivated to be empowered. Some of them had already benefited from the High Atlas Foundation IMAGINE workshop. The thing that helped them a lot to deal with the earthquake changes and be familiar with the workshop's topics.



On the last two days of the workshop, women adjusted to the workshop and they began to feel comfortable to share their personal experiences and face their challenges. There were moments of tears and sadness but later on, the participants expressed the big changes they remarked on themselves.

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#### **Workshop 34:**

**Place:** Sbiti village, Ourika commune, Al Haouz province.

**Date:** 08 to 11 July 2024

**Facilitators:** Ilham Safi and Bouchra Zine . Educator: Hayat Abkhar

**Description:** 27 women from Sbiti village attended the 4 days psychosocial support workshop with the aim of venting, talking, sharing concerns and learning new things to carry on in a better way. The beneficiaries were very eager to start the workshop on the first day through what the women had heard about these workshops from some of the women who had previously benefited from this workshop and the clear impact on them after the workshop. The deep breathing exercise was a very important part for the women, some of whom cried and some of whom felt relieved and no longer wanted to open their eyes. The women poured out their hearts and spoke comfortably, with different stories, some due to stress and family issues and others due to the trauma of the earthquake.

On the last day, the beneficiaries were energized and relaxed, showing optimism and hope, as well as positive thoughts and a good outlook on the future and life.

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#### **Workshop 35:**

**Place:** Saada commune, Al Haouz province.

**Date:** 09 to 11 July 2024

**Facilitators:** Majda Stitou . Educator: Nouhaila El Fatimi

#### **Description**

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#### **Workshop 36:**





**Facilitators:** Ilham Safi and Majda Stitou . **Educator:** Nouhaila El Fatimi

**Description:** The houses of Oumaste village were damaged by the earthquake, where serious cracks appeared, making it difficult for the inhabitants of the house to live in it, making them live in tents despite the difficulty of living in them, despite the high temperature and the lack of water, including potable water and watering the land to ensure their livelihood, as they depend on farming. 34 women of different ages attended the workshop. On the first day, things appeared to the beneficiaries as if they would not benefit them or change anything, but after mutual acquaintance and deep breathing exercises, then we started talking about the terrifying night of the earthquake, the beneficiaries started talking to us one by one about what they experienced that night, some of them cried and some of them sighed with a sigh full of pain and anguish. At this point, the beneficiaries felt relieved and that this workshop would really benefit them.

Day after day, the beneficiaries showed relief through their daily attendance, their serious participation, and their questions in order to understand things more and correct misinformation. On the last day, we talked about religion, which was a very important topic for the beneficiaries and they had a lot of questions. When we came to business, the women said that they had created a women's cooperative but it didn't last because they didn't understand the role of each member in the cooperative, or rather the concept of a cooperative.

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### **Workshop 38:**

**Place:** Oumaste village, Amghras commune, Al Haouz province.

**Date:** 22 to 25 July 2024

**Facilitators:** Abdellah Laaboudi

**Number of participants:** 19

**Description:** In the context of the psychosocial support project implemented by High Atlas Foundatio (HAF), supported by the Project HOPE, psychosocial support workshops were organized for the benefit of the men of Douar Wamast, located in the commune of Amghras.

The training began with an overview of HAF and the psychosocial support project. This was followed by a session to get to know the participants better, including their names, professions, and favorite foods.

Subsequently, a diagnostic process was initiated to assess the social and psychological needs of the population following the September 8 earthquake. The experience in Douar Wamast was particularly significant as it identified several psychological and social impacts. Participants expressed struggles in accepting a new life outside their homes, which serve as their protective sanctuaries for their families. They also mentioned sleep deprivation due to fear and discomfort in various weather conditions like extreme cold or excessive heat.



These destabilizing effects extended beyond physical and emotional realms to behavioral changes. Some participants reported the emergence of negative traits previously unseen in the community, such as selfishness, greed, quick temper, and impatience. Emotional responses were also affected, with mentions of feelings like resentment and envy among community members.

Regarding behaviors, one participant expressed feelings of helplessness and vulnerability upon receiving aid, likening the experience of waiting for aid trucks to feeling like a beggar. Others noted that aid contributed to increased reluctance to work.

This diagnosis would not have been possible without the implementation of breathing exercises and building trust among community members. It highlighted interpersonal issues within the community and provided an opportunity to promote flexibility as an optimal solution to overcoming these differences. Breathing exercises and simplified examples of flexibility, acceptance of differences, looking forward, and rebuilding trust among community members were instrumental.

Over the three days of the psychosocial support workshop, the Friendly System exercise was applied, which restored cohesion within the community and affirmed for participants that community, family, external support, unity, and cooperation are key sources of personal strength.

Throughout the workshop, participants expressed satisfaction, describing these meetings as opportunities for reflection and meditation on fundamental truths associated with contentment, belief in destiny, goodwill toward others, cooperation, and support.

The workshop outcomes were highly positive based on self-assessment, starting from the initial state of the beneficiaries before and after the workshop. Members of Douar Wamast expressed readiness to collaborate to achieve local development in their community by enhancing their skills and knowledge in agriculture. They also emphasized their commitment to addressing the community's greatest challenge: access to safe drinking water, as well as seeking resources to restructure the irrigation system, which currently lacks adequate equipment and facilities.

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### Workshop 39:

**Place:** Igunane village, Oukaimeden commune, Al Haouz province.

**Date:** 22 to 25 July 2024

**Facilitators:** Bouchra Zine . Educator: Hayat Abkhar

**Description:** Two months before, the coordinator received a call from a man from the local authorities of Oukaimeden commune asking for the Psychosocial Support workshop for the benefit of a group of women in Igunane village. Finally the workshop was scheduled and conducted. There were 32 women attending the training.



On the first day, the surprise, fear and curiosity were obvious on their faces. The only questions they had were who we were and what we were going to tell them. Once the trainer started the introduction of HAF and the program, women started expressing how much they were in need of psychological help especially after the earthquake but they could never ask for it. Women of Igunane village had a lot of problems that they had never had the opportunity to express and they chose tears to let their pains out.

On the last two days, the beneficiaries weren't totally the same as the first day. They were full of energy and hope. They were the ones asking for the meditation phase to calm down and relax then we start the sessions. At the end of the workshop, all the committed attendees received a certificate of participation which made them proud of their achievement and commitment.

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#### **Workshop 40:**

**Place:** Anfg village, Amaghras commune, Al Haouz province.

**Date:** 29, 31 July, 01 and 02 August 2024

**Facilitators:** Ilham Safi and Majda Stitou. Educator: Nouhaila El Fatimi

#### **Description**

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#### **Workshop 41:**

**Place:** Igunane village, Oukaimeden commune, Al Haouz province.

**Date:** 29, 31 July, 01 and 02 August 2024

**Facilitators:** Bouchra Zine. Educator: Hayat Abkhar

**Description:** Because of the success of the previous workshop in Igunane village and because of the huge number of women motivated to participate in the psychosocial workshops, another workshop was conducted again for the total of 30 women in the same village.

The workshop this time was totally different than the first one even though they both were in the same place. The beneficiaries this time were from different ages. I had many young ladies and other old mature ones which made the workshop more interesting and beneficial for them as well

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as for me. The young girls shared their problems and fears of life, marriage, love, work and study. While the old women helped them by giving advice based on their experiences.

This group was so motivated to talk about work and how to become financially independent. They expressed their high willingness to start their own business. So, the most discussed topics were on how to work together, how to help each other and how to create their own cooperative and start selling the hand crafts they had already made.

On the last day, women received their certificates of commitment and participation in the psychosocial workshop for four days. They were super happy and they expressed it by playing their local traditional music and dance.