



# Amina Centre Athens

**A Daycentre Specialised in Psychosocial Support for Displaced Women to Start a New Life**

## Background

During a year when Covid-19 economic and societal disruption prevailed, displaced people living in the wider Attika periphery found themselves more marginalised than ever, competing for scarce resources and even scarcer opportunities.

The new host community for thousands of displaced people in Greece entered a period of prolonged introversion. While fear for a spreading virus affected everyone equally, the consequences of the pandemic were not equally shared: among the displaced population vulnerabilities were accentuated and inequalities entrenched. Displaced women were even more impacted and already existing risks and threats multiplied.

## SAO Association in Athens

At the Amina Centre in Athens, women fleeing war, violence and persecution are welcomed and assisted during their arduous journey to independence and self-sufficiency. For over four years, Amina has hosted hundreds of women: some stayed long before feeling strong to move onto the next stage in their lives, others took a brief respite from a longer physical journey. No matter what the circumstances or the time allocated in Amina, SAO upheld its promise to stay by the beneficiaries' side for as long as they need.

The SAO programme focuses on providing solutions in response to the beneficiaries' needs, therefore its enhancement through the addition of remote support services enables staff to continue assistance provision uninterrupted even when mobility restrictions are in place. Combined with on location assistance, the SAO professionals continue to work side by side with the beneficiaries as they navigate everyday life in their new host community.

Concrete solutions and empowerment tools are customised to address the needs of the women who perceive Amina as a peaceful and warm refuge where they can develop their skills, share their experiences, and pursue their dreams in a structured and realistic manner.

**Thank you for your support!**

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In an oasis of calm, with a spirit of empathy and sensitivity, women are invited to choose targeted solutions that translate to their specific needs and respond to specific societal environments so that empowerment and inclusion transform from desirable notions to tangible results.

### Focus of Amina Centre

The focus of Amina Centre in Athens is to assist women to feel and act as empowered actors in their host community. We offer psychosocial support, social inclusion services, access to information, assistance to rebuild a support network, and various community building services. Furthermore, we are in partnership with qualified organisations who focus in the areas of legal, health and vocational skill building.

Our services are offered in Farsi, Arabic, French, Greek and English.

### Services and Activities

- **Psychosocial Services:** trauma recovery care including individual and group counselling, GBV support and monitoring, skill building tools, creative expression, domestic art, specialised workshops, lending library
- **Inclusion Services:** informal Greek education programme, access to health care and public sector services, employability and job counselling, information dissemination of legal, social, and other developments affecting displaced people, school registration for children (pre-school to high school) internet familiarisation, housing and cash programme assistance when relevant, facilitation for the procurement of official documents, cultural exchange workshops
- **Practical support:** prescribed medication and hygiene items, food supermarket coupons, laundry machines programme, sewing machines

### Team

The Amina team consists of a group of experienced and dedicated professional women. They are social scientists, psychologists, educators, social workers, and translators who adhere to the principle of "Do no Harm"<sup>1</sup> and other IASC guidelines. Employment opportunities are extended to the community of displaced women as well as local and international professionals.

<sup>1</sup> Anderson, M. (2004). The „Do No Harm“ Framework for Analyzing the Impact of Assistance on Conflict: A Handbook. CDA Collaborative Learning Projects