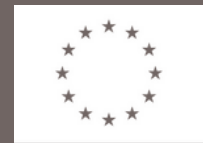


Empowerment of rural women with mental challenges through writing therapy

www.heroines-project.eu



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HEROINES

Unfortunately, gender violence is still a worrying reality in all Europe. Governments are making laws to defend women's rights and enable different resources to help women to report abuse, discrimination and gender-based violence. But a greater effort must be done to empower women to recognize these risky situations and to be brave enough to file a complaint against their attacker. If we are talking about **women with mental health challenges and living in rural or isolated areas**, the situation becomes even worrier.



HEROINES is a training course to empower women with mental health challenges, making them aware about their rights, different kinds of violence and about unfair situations that they usually accept as normal.

Writing therapy is our tool to do so, as this technique helps to organize the thoughts, put emotional distance between the fact inside us and the fact in the paper, facilitates inner dialogue and many other benefits. During the group sessions, these women will start a process of self-reflection, inspired by other brave and determined women in history.



As a result of this process, the **NEW HEROINE'S ANTHOLOGY** will be published online, where the texts and poems written by the participants will be accompanied by unique collection of works of contemporary female artists collaborating with the HEROINES program.

Empowerment is natural for anyone, but in this case is simply vital. Everybody must be free to take their life in their own hands, regardless their gender, health or social condition.

Education is our weapon against gender violence!

