



Help Make mindfulness accessible for Arabic-speaking refugees across the world! Join the world's leading mindfulness teachers and centers in supporting the crowd-funding campaign for Mindfulness in Arabic (MiA)

For the first time ever, a full 8-week free-of-charge mindfulness course in Arabic will be launched online, providing Arabic-speaking refugees vital tools for coping with the trauma of facing and fleeing violence

The violent reality in the Middle East, along with the ongoing waves of refugees and displaced people fleeing from Syria and other Arabic-speaking states, has created an urgent need for trauma and resiliency skills for thousands of individuals, children and families who are dealing with memories of instability, fear, turmoil, terror, destruction, loss, and uncertainty.

The ***Mindfulness in Arabic project (MiA)*** aims to build a website that will offer an eight-week Mindfulness course in Arabic, designed for refugees and people in transition. Any person with internet access may enter the website, free of charge, anywhere around the world. The course will provide practical tools and exercises tailored specifically to support a shaken population that suffered traumas of fear, death and extreme violence.

The website will also provide tools for therapists, social workers, welfare and volunteers who are currently working with refugee populations, so that they may use mindfulness based tools for their own needs in coping with work stress and related DP camp difficult experiences, as well as passing them on to their clients.

Mindfulness-based tools have been proven effective for the health of millions in the East as well as in the West. These tools are currently not accessible to Arabic speaking refugees - neither in content nor in their language.

For that reason, **Jon Kabat Zin, Tara Brach, Christopher Titmuss, Joseph Goldstein, Jack Kornfield, Shinzen Young**, and many more teachers, mindfulness centers and schools like Tovana- Insight Meditation Israel, Muda Center IDC



in Israel and CMRP- **Bangor University**, are collaborating with the ToWo Group that dreamt this up, to help raise the funds needed to make this project possible.

ToWo Group is a nonprofit group that was founded in light of the need to provide specialized training for rural women, refugees and displaced people. Founded in South Africa in 2006 as a joint feminine Israeli-African venture, ToWo Group consists of a cross cultural team, Israelis and Palestinians; Buddhist, Jewish, Muslim, Christian, and Druze professional women, experienced in: mindfulness, trauma and resiliency (SE CRM MBSE), cross-cultural group work, nonviolent communication (NVC) and media in art.

ToWo's experience with women multi faith groups in Africa and the Middle East has shown that Mindfulness-based tools can empower and instill clarity in the individual and her circles, which in turn supports the building of resiliency, civic society, and communication.

Our crowdfunding campaign is expected to be launched in early March! Please follow our Facebook page ([Facebook.com/MindfulArabic](https://www.facebook.com/MindfulArabic)) to stay updated on the project and learn more.

Donations can also be given prior to the launch via PayPal and bank transfers. For more detail please write to towogroup@gmail.com.

