

CONTACTS

Website

mariposaproject.eu



Keep an eye out on our website to see opportunities on how to get involved!



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MARIPOSA

**VIOLENCE SHATTERS A WOMAN'S IDENTITY
AND MAKES HER LOSE SIGHT OF HERSELF
AND OF HER RESOURCES**



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OBJECTIVES

Supporting women affected by gender-based violence to break away from the cycle of violence, rebuild self-esteem and create a life plan for a future free from violence.

Guiding peers and supporters in encouraging the empowerment of women affected by gender-based violence.

Developing support networks and building campaigns for the prevention and fight against gender-based violence.



Violence shatters a woman's identity and makes her lose sight of herself and of her unique resources. Being able to spot the **toxic relationships** and **power dynamics** underlying the phenomenon of gender-based violence represents the first, necessary step to **break the cycle of violence, rebuild self-esteem** and create a **personal life plan for the future**.

The **Mariposa project** provides new tools that can help **women affected by gender-based violence** to **identify the unhealthy dynamics** in which they are involved and overcome them through the development of a **personal life plan** and orientation towards **relevant professional support**. At the same time, we intend to guide peers and supporters in encouraging the empowerment of women affected by gender-based violence and developing support networks and campaigns for the prevention and fight against gender-based violence.



RESOURCES

"ME and My Resources", an interactive online tool supporting women affected by gender-based violence to identify their resources and set objectives through the use of symbols.

"EmpowerME", an interactive online tool supporting women affected by gender-based violence to reflect on their coping mechanisms and emotions for their empowerment and self-help through the use of symbols.

A Guide for Peer-to-Peer Support, with instructions on how to support women affected by gender-based violence and encourage their empowerment.

A Guide on Networking and Campaigning, for anyone who wants to campaign against gender-based violence.