



Stress relief and well-being Training for Youth



Stress relief and well-being Training for Teachers



Young people are leaders of change in Iraq

An Integrative Approach to Sustainable Peace

Young Iraqi men and women find that they are not recognized as democratic actors and have limited possibilities to participate in any constructive activity. It is not only the lack of economic opportunity that leads to marginalization and the risk of radicalization and recruitment into violent extremist organizations, but also the intrusion of violence. Conflict and displacement generate devastating experiences of injustice, anger, isolation, helplessness, fear, despair, insecurity, distress, and despair. These, along with the acceptance of violence as the only effective solution, lead young people to seek meaning, agency, and affirmation through negative coping mechanisms. Across the region ,

Bothoor Alkhaer Organization is a non-profit, organization partner its mission is to empower community through supporting women & children and to build a sustainable and inclusive peace by promoting the development of human values in both the individual and societies on a global scale. The aim of Bothoor Alkhaer Peace-building Program is to increase the impact of peace-building and development efforts by effectively transforming mindsets, attitudes, wellbeing and behaviors of individuals and communities engaged in or affected by conflict. Cooperating with other organizations in a holistic approach, Bothoor Alkhaer aims to strengthen the psycho-social foundation in which other peace and development efforts take root, turning personal transformation into greater peace-building impact. Bothoor Alkhaer's proven track record includes efforts to provide rehabilitation of victims as well as perpetrators, re- integration of ex -combatants, youth leadership and women's empowerment training, prevention of radicalization and leadership development initiatives in areas beset by conflict, in Iraq, Bothoor Alkhaer Peace-building Program focuses on the following program areas:

- (1) Trauma Relief, Resilience and Empowerment.
- (2) Preventing and Transforming Violent Extremism – Mobilizing Youth for Peace.
- (3) Bridging Divided Communities, Dialogue and Reconciliation.
- (4) Training Professional Peace-building and Development Agencies. Evidence of Bothoor Alkhaer programs include significant and sustainable reduction in war trauma BENEFICIARIES who had attending the stress relief and well-being program, significant reduction in, anxiety and depression among survivors Three Key Program Areas

Three Key Program Areas

1. Trauma Relief, Resilience & Empowerment

BAORD delivers effective and scalable trauma relief and resilience building, attending to the very clear link between trauma and cyclical conflict as well as the contribution of healing to sustainable peace-building. Providing affordable and accessible trauma- and stress -relief tools to affected populations and small groups alike in complex emergencies, BAORD's 8- 12 hour programs produce measurable results, including rapidly and significantly reducing the symptoms of, depression and anxiety, and improving the quality of life for individuals and communities. In addition, rather than foster humanitarian dependency and create long- term resource dilemmas, BAORD's trained participants are able to sustain integrative improvements with continued practice and skills application.

2. Preventing and Transforming Violent Extremism – Mobilizing Youth for Peace

BAORD's responses to violent extremism address gaps in both the analysis and practice of countering violent extremism, broadening a focus on prevention and interdiction to include effective transformation of individuals and groups involved in or affected. Our programs transform attitudes and behaviors, inspire and train participants to use nonviolent means to achieve legitimate needs, and empower them to become effective peace-builders in their own communities. Working inclusively across populations, we offer 5 programs including: (1) Preventing and Countering Violent Extremism for those at risk, in the earlier stages (16 to 22 hours); (2) a Youth Leadership Peacebuilding Training, or intensive program to empower and mobilize youth as effective, local

agents for peace (7 to 10 days). This training program is followed by a tailored three to 12 month period, in which participants engage in ongoing learning and implement local peace-building projects guided by experienced peace workers; (4) Rehabilitation & Reintegration of Ex-Combatants (15 to 22 hours); (5) Healing, Resilience and Empowerment training for survivors and affected communities (9-12 hours).

3. Professional Training: Towards Integrated Peace-building

Designed by experienced practitioners and peace workers to address a critical component of effective peace-building far too often overlooked, our bespoke training programs provide professional peace-builders and peace-building organizations with the experience and skills to improve and integrate psychosocial skills and self-care into their peace-building work. Spread over 12-22 hours and 3-5 consecutive days, this training consists of 3 components: (1) Providing for Peacebuilders: Personal resilience and stress management; (2) Framing & Factors: Overview and in-depth examination of psychosocial frameworks of analysis and factors; (3) Professional Skills Training: Providing tools for analysis, design and delivery of psycho-social interventions to increase sustainability and effectiveness of peace-building outcomes. The integration of a strong personal experiential component with professional skills training makes this a uniquely powerful program.

Contact and Information

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