



# WINGS: REHABILITATION PROGRAM FOR CHILDREN AND THEIR PARENTS DISPLACED FROM ARTSAKH

## PROJECT SUMMARY



### *The simplest way to acquire wings is by giving a pair to someone else*

In the aftermath of the tragic events of September 2023, more than 120,000 residents of Artsakh (Nagorno-Karabakh), including 30,000 children, were forcibly displaced from their homeland, leaving them in profoundly challenging living conditions. In just five years, these children endured war, a total blockade, forcible displacement, and—on the final day in their homeland—an explosion that claimed the lives of their fathers, shattering their world. This deep trauma has left a silent pain, visible in the profound sadness of their eyes.

In response to this humanitarian crisis, the "We Are Our Mountains" Development Agency launched the three-month "Wings" rehabilitation program for children aged 4-18 and their parents who have been forcibly displaced from Artsakh, wherever they now reside in Armenia. The program is distinguished by its holistic and evidence-based approach, integrating four critical elements—psychological, physical, mental, and social—delivered concurrently. This model ensures that each element not only addresses a specific need but also reinforces and amplifies the impact of the others.

## PROGRAM COMPONENTS

- **Psychological rehabilitation** through creative methods by applying a wide range of trauma-informed methods—such as storytelling, expressive arts, resilience-building exercises, and drama therapy, sand therapy, hippotherapy, scribble drawing, mask making, collage, clay sculpting, mandala therapy, thread drawing, and more (36 hours total). Parental support through group and individual therapy sessions, as well as activities fostering social connections and community building.
- **Physical rehabilitation** through sports therapy, offering activities such as swimming, volleyball, football, dancing, and yoga (24 hours total).
- **Mental rehabilitation** via a two-day intensive program focused on adaptation and social skills (16 hours total).
- **Socio-cultural adaptation** through study visits, community events, and excursions, helping participants integrate into their new communities.





# WINGS: REHABILITATION PROGRAM FOR CHILDREN AND THEIR PARENTS DISPLACED FROM ARTSAKH

## EXPECTED RESULTS



- **Breaking the Cycle of Trauma:** Children who receive proper support are more likely to grow into resilient adults, preventing the perpetuation of trauma within families and communities.
- **Psychological Healing:** Children will learn to cope with loss, express emotions, and build resilience, allowing them to re-engage fully with life.
- **Social Integration:** Children will develop the skills to form new social connections, adapt to their new environments, and build supportive networks.
- **Relief and Support for Families:** Parents will feel comforted knowing their children are receiving care and support, reducing stress and anxiety.

## BUDGET AND COST STRUCTURE

The cost for the program amounts to **\$600 per child ((including therapy with parents)**

**IN TOTAL: \$600,000**

## MAIN INFORMATION

Partners	Dilijan and Halidzor Community Centers, , Intra Mental Health Center, Arevamanuk Family and Child Care Fund, UWC Dilijan College, The School of Superheroes, Kapan Youth Center, IDEA Foundation (Initiatives for Development of Armenia).
Location	All regions of Armenia
Implementation period	Nov 2023-December 2026

## BENEFICIARIES

- Direct beneficiaries: **1000 children and 400 parents**
- Indirect beneficiaries: **around 250 affected families**

## SUSTAINABILITY

The program ensures long-term impact by continuously monitoring participants' progress, identifying challenges, and refining interventions as needed. This adaptive approach ensures that support remains effective and relevant for all beneficiaries.