/04. OPENING LETTER
/05. ANNUAL BUDGET & HOW WE ARE FUNDED
/06. MAP & HOTLINES
/07. HIMAYA ABROAD

/08-12. PREVENTION PROGRAM
/13-16. RESILIENCE PROGRAM
/17-20. CAPACITY BUILDING
/21-23. RESEARCH & DEVELOPMENT
/24-36. COMMUNICATION DEPARTMENT
/37. PARTNERS
Dear Everyone,

Another year has come and gone and our fight carries on. More than 1700 child abuse cases have been detected by himaya team in 2016, and still some people feel that child abuse does not concern them. One of our ongoing challenges is to make sure people realize that it concerns each and every one of us, no matter how safe we currently feel and how sure we are that our loved ones are safe as well.

The chances of a child getting abused is still higher than him being hit by a car, and it happens due to many factors, including lack of awareness and education, no strong protection systems, untreated psychological problems, to name only a few. As a society, we cannot remain in denial and consider that we are not part of the problem. By accepting that, whether we like it or not, we are in fact responsible and we must understand how imperative it is to become active in being part of the solution.

Child abuse affects our society on many levels; after all, today's children are tomorrow's adults. An abused child, if not offered the proper support to overcome their trauma, can perpetuate the vicious cycle of violence and harm, becoming an abuser, a drug addict, or a violent parent themselves, but also they may suffer from severe mental health issues for life, which will inexorably affect society on all levels. Untreated problems fester, grow and lead to more problems. Although our capacities have exponentially increased over the years thanks to our partners, it is important to note that Child Protection never can and never will be the responsibility of one entity alone.

Child Protection is everyone's concern, whether a mother, father, brother, sister, neighbor, teacher, ministry, NGO and others...

In order to achieve our goal of providing a safe environment for our children, where they can grow into healthy, happy, balanced and well-integrated adults, the equal engagement of all parties is required.

We joined the fight against child abuse, will you?

Thank you,

Lama Yazbeck
Executive Director
ANNUAL BUDGET
HOW WE ARE FUNDED

// Total
$ 3,392,174

PROJECTS
$ 2,821,741

GALA DINNER
$ 300,000

MINISTRIES
$ 128,591

COMM & FUNDRAISING ACTIVITIES
$ 101,554

CONTRIBUTIONS
$ 20,288

DONATIONS
$ 20,000
MAP OF OUR OFFICES & HOTLINES

Halba 79 300 410
Zgharta 79 300 411
Baalbeck 79 300 418/9
Zahle 71 802 883
Fanar 03 414 964
Chiyah 79 300 412
Saida 76 450 753

NOW COVERING THE SOUTH OF LEBANON!
### HIMAYA ABROAD!

<table>
<thead>
<tr>
<th>TITLE</th>
<th>HIMAYA'S ROLE</th>
<th>LOCATION</th>
</tr>
</thead>
<tbody>
<tr>
<td>“Children &amp; Families Across Borders: Challenges and Opportunities for Action.” International Social Services (ISS)</td>
<td>Participant as a correspondent of ISS in Lebanon</td>
<td>Melbourne, Australia</td>
</tr>
<tr>
<td>“Building on the Momentum: International Alternative Care Conference”</td>
<td>Participant</td>
<td>Geneva, Switzerland</td>
</tr>
<tr>
<td>American Professional Society on the Abuse of Children 24th colloquium</td>
<td>Participant</td>
<td>New Orleans, United States</td>
</tr>
<tr>
<td>UNHCR’s Annual Dialogue “Children on the move”</td>
<td>Speaker</td>
<td>Geneva, Switzerland</td>
</tr>
<tr>
<td>Child Rights Connect Lebanon’s review for the UN Committee on the Rights of the Child</td>
<td>Participant in the submitted shadow report</td>
<td>Geneva, Switzerland</td>
</tr>
<tr>
<td>Social Work Symposium «Responding to the Refugee Crisis»</td>
<td>Participant</td>
<td>Vienna, Austria</td>
</tr>
<tr>
<td>33rd international congress “Together towards a better world for children, adolescents and families”</td>
<td>Participant</td>
<td>Vienna, Austria</td>
</tr>
</tbody>
</table>
In 2016 the prevention team members reached a record of 70,632 individuals, including children, adolescents, parents and professionals.

The target audiences were reached through 1694 awareness sessions & conferences and 30 awareness events.

In addition to providing resilience skills to individuals, our internal statistics have shown that 694 cases referred to the Resilience Program were a result of observations or interventions provided by the prevention program.
THE SAFE PARKS PROJECT WHICH WAS ESTABLISHED IN 2015 IN PARTNERSHIP WITH THE INTERNATIONAL SOCIAL SERVICES (ISS) SWITZERLAND AND AXA INSURANCE IS STILL ONGOING. 3 MAIN LOCATIONS IN MOUNT LEBANON OFFER A SAFE SPACE FOR CHILDREN AND THEIR FAMILIES IN ALEY, AJALTOUN AND DHOUR CHOUER.

**The aim of the safe park is to:**

- Create safe spaces for the most vulnerable children living in the same community by giving them equal access to a variety of services in one location.

- Establish mobile playgrounds providing a secure, non-discriminative environment for all children in difficult situations to benefit from a spectrum of activities led by community volunteers trained to identify and refer children in need of response services.

- Safe parks provide an opportunity for many more services to come to the young people instead of the young people and family needing to go to the services (other sectors can be invited to deliver services within a safe park such as wash delivering hygiene awareness session/ SDC staff to sensitize about health services provided at the SDC).

- Safe parks ensure the provision of prevention and early intervention services to vulnerable young people.

Click on the link below for the full presentation:
// LOBILAT

A VISIT FROM OUR FLUFFY FRIEND LOBILAT
DURING A GIFT DISTRIBUTION TO
THE CHILDREN OF DALHAMIYEH
TENTED SETTLEMENT!
The «Sobhyah» takes place in the mornings and is of an hour long. It is addressed to caregivers, both women and men, and provides them with the opportunity to bring their children with them while a facilitator receives them and keeps the children entertained while caregivers are enjoying the Sobhyah. It offers a friendly space, providing coffee, tea, biscuits, and breakfast with the aim of providing a relaxed atmosphere, during which the facilitators can address specific topics mainly related to child protection, parental tips, positive communication, and conflict resolution.

The «Meswyah» follows the exact same concept as the Sobhyah but where one opens the day, the other closes it. It takes place during late afternoons with the aim of attracting working men and women, and offers them a relaxing environment while they benefit from awareness sessions.
PREVENTION PROGRAM

// THE ART OF CAPOEIRA

IN PARTNERSHIP WITH ASSOCIATION FILHOS DE BIMBA AND UNICEF- LEBANON, HIMAYA INCLUDED THE ART OF ‘CAPOEIRA’ IN ITS 2016 PROJECT. A NEW ACTIVITY WHICH IS BELIEVED TO BE BOTH RECREATIONAL AND THERAPEUTIC.

CAPOEIRA CONSISTS OF A MIXTURE OF BODY EXPRESSION, MUSICALITY, IMPROVISATION, ART, DANCE, AND FREEDOM.

When used as a sport for social change, it plays a crucial role in fostering inclusion, equality, and citizenship and brings people closer together to be appreciated for what they are in essence, independent of their different backgrounds and experiences.

We believe that young people need supportive spaces in which to explore their emotions and reactions, while learning how to interact with others.

In our work, we use the art of Capoeira to create opportunities for young people to come together:

DRAMATIC CHANGES WERE PERCEIVED IN YOUNG PEOPLE’S BEHAVIORS AND ATTITUDES, OFTEN AFTER SHORT PERIODS OF STARTING THE PRACTICE OF CAPOEIRA;

Capoeira also helped in encouraging young people to open up thus helping in the identification of high risk cases which are then referred to the Resilience Program.

“I felt happiness that is something I never felt before.”
RESILIENCE PROGRAM

1,742 TOTAL OF CHILD ABUSE CASES

1031 NUMBER OF CASES PER GENDER

711

MANAGED SUCCESSFULLY 8 NEW INTER-COUNTRY CASES
CANADA (2), SWITZERLAND (1), AUSTRALIA (3), GERMANY (2)

JAN-DEC //016
This year, children and caregivers were provided with group support, using mediation and art therapy techniques to provide specialized continuous care to high risk cases and their caregivers throughout the Lebanese territory.

The 450 children and caregivers who accessed this service were selected from the beneficiaries already benefitting from the case management services within the Resilience Program.
During the months of April and May, the Capacity Building Department, in collaboration with the Resilience Program and other experts in himaya, gave a 5 week-long seminar to 10 Masters students in the “Faculté des Sciences Infirmières” at Université Saint Joseph as well as Hotel Dieu Hospital nurses in the pediatric and emergency services.

During the seminar “La maltraitance des mineurs: du dépistage à l’intervention”, students practiced effective communication skills with abuse victims and their families, and learned about detection and referral procedures and the multidisciplinary approach to child protection. They gained a better understanding of their role as child protection agents in the health sector.
In May, himaya gave a six day training to more than 40 social and psychosocial workers from ABAAD titled “Child Protection Case Management and Caring for Child Survivors”.

The trainings focused on developing the skills needed by professionals to recognize abuse and its consequences, understand children’s rights and needs, have professional ethics when dealing with child abuse, build resilience in children through activities, understand and follow the judicial and legal procedures related to child abuse and follow the necessary steps for case management of child protection cases.
In May, himaya gave a two day training to 15 Lebanese Internal Security Forces officers, from regions across Lebanon, in their training facility in Aramoun. This training was coordinated by the Capacity Building Unit and given by Bassima Roumani, Legal Unit coordinator, and Fady Mansour, psychologist in the Resilience Program.

The objective of the training was to emphasize the importance of the role of ISF officers, and of the impact of their intervention on children victims of abuse. The trainers informed the participants about law 422, and taught them effective communication techniques to use with children during an investigation.

From May to November, the Capacity Building Department, in coordination with the Legal Unit, gave a similar training to more than 100 officers, specifically about the role and responsibilities of ISF officers and social workers while conducting investigations with children who are potential victims of abuse. These training sessions were one of the activities implemented under an ongoing project funded by UNICEF.
Over the course of the year, the Capacity Building Department also collaborated with other institutions and organizations to give training sessions to more than 100 professionals (teachers, Public Health Care Centers supervisors, representatives of NGOs) in the child protection sector about detection of child abuse and referral procedures. These organizations included: Ministry of Public Health Terre des Hommes Italy.

The Capacity Building Department also gave and organized more than 8 trainings for himaya’s operational teams in the Resilience and Prevention programs in collaboration with experts in other fields, such as the Lebanese Medical Association for Sexual Health and Dr. Nidal Nabhan with the objective of introducing new perspectives and sharing varied experiences with the team.
RESEARCH & DEVELOPMENT

«GLOBAL ISSUES IN INTERVENTION DEVELOPMENT IN CONTEXTS OF POLITICAL VIOLENCE» - ROME

In August 2016, during the «Global issues in intervention development in contexts of political violence» held in Rome, our R&D coordinator, Michel Maragel presented a research conducted with our partners at the Catholic University of Milan, titled «Pre and Post displacement factors in mental health among Syrian Children displaced in Lebanon».

LIVED ORGANIZATION-SCOTLAND

R&D also participated, in coordination with himaya’s Beirut office, in a research conducted by the Scotland-based organization LIVED, funded by the British Academy through the University of Edinburgh, about exploring the emotional ties, and conceptions of friendship and home of displaced youth.

The researchers conducted workshops with beneficiaries from our Resilience center about self-expression through art and photography.

CHILD PROTECTION POLICIES IN HEALTHCARE FACILITIES- LEBANON

himaya, in collaboration with the Ministry of Public Health and UNICEF, started working on a plan to develop and implement a child protection policy in healthcare facilities across Lebanon.

Our objective is to ensure that all healthcare institutions in Lebanon follow the same guidelines to safeguard children from harm and to detect and refer child protection cases.

The first steps towards reaching that goal were taken in 2016. Stay tuned for more updates in the coming years!
// HIMAYA’S 2ND ANNUAL SYMPOSIUM: BUILDING & STRENGTHENING THE CHILD PROTECTION NETWORK

This year, himaya brought us together around the subject of “Building and strengthening the child protection network”.

More than 200 attendees and speakers were present to listen, learn, meet and share their knowledge. International speakers joined Lebanese nationals.

Academics, governmental and non-governmental representatives, as well as school officials and journalists were present as speakers and attendants.

Professionals from such a wide spectrum, who all touch the lives of children in different ways, gathered to stretch, widen and reinforce the web that will render possible a comprehensive protection strategy on a national scale.

// DAY 1

The first day of the symposium was organized around panels, each dealing with a specific sphere and level of the child protection network, reflecting the work of himaya’s Resilience, Prevention, Communication and Capacity Building, Research and Development departments and programs.

The first panel “Children in Society” examined Lebanon’s position regarding child rights, and the efforts to safeguard these rights by governmental institutions and civil society. Experts addressed this issue from an anthropological, social and judicial perspective.

In the second panel, “Role and ethics of media in child protection”, the focus was on the ethics surrounding the media portrayals of child maltreatment along with its potential positive and negative effects.

The third panel, “An outlook on child maltreatment prevention strategies in Lebanon” presented prevention strategies for communities in Lebanon, both models used in schools in Lebanon as well as the Isibindi model from South Africa.

Finally, the fourth panel “Towards a Comprehensive Child Protection Network: The Missing Procedures, Laws & Alternative Care Systems in Lebanon” explored the field of child protection with focus on policy, procedures and alternative care systems.
RESEARCH & DEVELOPMENT

//DAY 2

The second day featured workshops based on these levels to build the skills of those involved and benefit from everyone’s insight and experience. The day ended with the distribution of certificates of attendance and a group photo.

Though we’ve come a long way in recent years, much remains to be done, not least of which is amending laws and enforcing their application, mainstreaming referral pathways, covering child basic needs and regulating residential care centers.

New structures need to be put in place such as emergency centers and alternative care. New strategies such as prevention through working with the perpetrators of abuse need to be developed and implemented. Eliminating taboos related to child abuse need to be broken to free our society from the burden of silence. We have to be dedicated to strengthening the individual (child or parent), the family system, the organizations that are themselves providing support; and society as a whole whose influence has implicit but far reaching implications.

Child protection will always be the burden of the whole community, undividedly, and they simply need a hand to join the effort.

FINALLY, WE WOULD LIKE TO THANK ALL THOSE WHO ATTENDED, PARTICIPATED AND CONTRIBUTED IN ANY SHAPE OR FORM.

THIS WAS HIMAYA’S OPPORTUNITY TO SHOW AND SAY WHAT WE ARE ABOUT, WHAT WE BELIEVE IN, AND TO THAT END WE USED THE VOICES OF OUR STAFF AND PARTNERS WHO MAKE UP WHO WE ARE. WE HOPE THAT YOU WILL JOIN US NEXT YEAR AND CONTINUE TO BE PART OF THE FIGHT TO PROTECT CHILDREN IN LEBANON.
COMMUNICATIONS DEPARTMENT

- **Followers**: 568
- **Tweets**: 1,015
- **Mentions**: 72
- **Monthly Average Impression**: 3,630.25

<table>
<thead>
<tr>
<th></th>
<th>2015</th>
<th>2014</th>
<th>Increase</th>
<th>%</th>
</tr>
</thead>
<tbody>
<tr>
<td>Followers</td>
<td>1,743</td>
<td>968</td>
<td>747</td>
<td>80.06</td>
</tr>
<tr>
<td>Mentions</td>
<td>72</td>
<td>492</td>
<td>240</td>
<td>80.06</td>
</tr>
</tbody>
</table>

- **2016 Total Likes**: 16,441
- **2015 Likes**: 14,119
- **2014 Likes**: 11,250
  - **16.44% Increase**

- **Highest Organic Total Reach**: 29,742
- **67 Ratings**
  - **Final Rating**: ★★★ 4.8
- **Type of Popular Posts**: Videos & Articles
  - **Highest Reach**: 52,001
- **Posts**: 747
- **FOLLOWERS**: 367

- **30% Once Daily**
- **68% Once Weekly**
COMMUNICATIONS DEPARTMENT

WE WOULD LIKE TO THANK THE AWESOME TEAM OF VIRGIN RADIO FOR SUPPORTING THROUGHOUT THE YEAR!

WE CANNOT THANK YOU ENOUGH FOR BELIEVING IN OUR CAUSE AND JOINING HIMAYA’S FIGHT AGAINST CHILD ABUSE!

51 MEDIA APPEARANCES

WWW.HIMAYA.ORG

TOTAL VISITS 108,312

1,470,418 TOTAL HITS

AVERAGE MONTHLY VISITS 9,026

@ 11 NEWSLETTERS SENT VIA MAILCHIMP SINCE JAN 2016

SUBSCRIBERS 7,301

in 2015 1989

INCREASE %267

HIGHEST OPEN RATE %57.24

18,532 TOTAL SUCCESSFUL DELIVERIES
# COMMUNICATIONS DEPARTMENT

## // AWARENESS & FUNDRAISING ACTIVITIES

<table>
<thead>
<tr>
<th>Fundraising Event</th>
<th>Location</th>
<th>Date</th>
</tr>
</thead>
<tbody>
<tr>
<td>Batman Vs. Superman Movie Premier</td>
<td>Cinemacity</td>
<td>March</td>
</tr>
<tr>
<td>Mother’s Day Brunch</td>
<td>Em Charif</td>
<td>March</td>
</tr>
<tr>
<td>Bank Med Youth Marathon</td>
<td>Beirut</td>
<td>April</td>
</tr>
<tr>
<td>Lanterns Event 1</td>
<td>Citymall</td>
<td>May</td>
</tr>
<tr>
<td>Cooking with L’Armoire de Lana</td>
<td>KitchenLab</td>
<td>June</td>
</tr>
<tr>
<td>Lanterns Event 2</td>
<td>Citymall</td>
<td>July</td>
</tr>
<tr>
<td>Careem Campaign</td>
<td>Lebanon</td>
<td>July</td>
</tr>
<tr>
<td>Rasamni Matterhorn Climb</td>
<td>Switzerland</td>
<td>July</td>
</tr>
<tr>
<td>Yogathon</td>
<td>Horsh Beirut</td>
<td>August</td>
</tr>
<tr>
<td>Party 4 a cause with B018</td>
<td>B018</td>
<td>August</td>
</tr>
<tr>
<td>Game Day at Colonel Beer</td>
<td>Batroun</td>
<td>September</td>
</tr>
<tr>
<td>Yvonne el Hachem Concert</td>
<td>Hamra palace</td>
<td>October</td>
</tr>
<tr>
<td>BMA Marathon</td>
<td>Beirut</td>
<td>November</td>
</tr>
<tr>
<td>Small Bear Big Heart Campaign</td>
<td>ABC</td>
<td>December</td>
</tr>
<tr>
<td>Le Royal Christmas Market</td>
<td>Dbayeh</td>
<td>December</td>
</tr>
<tr>
<td>Port District Block Party- Maison Rabih Keyrouz</td>
<td>DT Beirut</td>
<td>December</td>
</tr>
<tr>
<td>Eat for a cause at Meat the Fish</td>
<td>Beirut</td>
<td>December</td>
</tr>
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<table>
<thead>
<tr>
<th>Awareness Event</th>
<th>Location</th>
<th>Date</th>
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<tbody>
<tr>
<td>1 Lions Introduction to himaya</td>
<td>Municipality Sin el Fil</td>
<td>January</td>
</tr>
<tr>
<td>2 Adma International School</td>
<td>Adma</td>
<td>February</td>
</tr>
<tr>
<td>3 Bank Med Youth Marathon</td>
<td>Beirut</td>
<td>March</td>
</tr>
<tr>
<td>4 JCI After School Fair</td>
<td>Unesco</td>
<td>March</td>
</tr>
<tr>
<td>5 AUB 2016 Annual NGO Fair</td>
<td>Beirut</td>
<td>March</td>
</tr>
<tr>
<td>6 BAU NGO Fair</td>
<td>Beirut</td>
<td>April</td>
</tr>
<tr>
<td>7 USJ NGO Fair</td>
<td>Beirut</td>
<td>April</td>
</tr>
<tr>
<td>8 Sagesse NGO Fair</td>
<td>Sagesse University</td>
<td>April</td>
</tr>
<tr>
<td>9 Ramadaniyat</td>
<td>Biel</td>
<td>June</td>
</tr>
<tr>
<td>10 Achrafieh 2020</td>
<td>Achrafieh</td>
<td>June</td>
</tr>
<tr>
<td>11 City Picnic</td>
<td>Beirut</td>
<td>August</td>
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<tr>
<td>12 Faqra Festival</td>
<td>Faqra</td>
<td>August</td>
</tr>
<tr>
<td>13 USJ Presentation x2</td>
<td>USJ campus</td>
<td>September</td>
</tr>
<tr>
<td>14 AUB Clubs Day</td>
<td>AUB campus</td>
<td>September</td>
</tr>
<tr>
<td>15 himaya’s annual Symposium</td>
<td>USJ campus</td>
<td>October</td>
</tr>
<tr>
<td>16 Hamra Autumn Festival</td>
<td>Hamra</td>
<td>October</td>
</tr>
<tr>
<td>17 Saint Joseph de L’apparition School Presentation</td>
<td>Mar Elias</td>
<td>November</td>
</tr>
<tr>
<td>18 Christmas Jingle and Mingle</td>
<td>Antelias</td>
<td>December</td>
</tr>
</tbody>
</table>
Christmas is the perfect time to spread joy and happiness in the lives of children who weren’t as lucky as we were growing up.

The “Spread the Love” Campaign was a simple message of hope and support to children who have no home to go to for the holidays, not because of financial constraints, but because their own home has become a real threat to their lives.

Spread the Love Campaign engaged the community, public and private sectors with one unified message letting these children know someone is thinking about them this year with a simple message: WE’VE GOT YOUR BACK!
// POLISHED MAN CAMPAIGN

In 2016, the #polishedman campaign swept the web-nation with its innovative approach and hard-hitting message. Men chose to color one of their fingernails with nail polish, and upload a picture of it to their social media pages in support of the fight against child abuse.

With the help of Lexy Cosmetics, we were happily surprised with the massive response from Lebanese influencers like Bruno Tabbal, Joe Maalouf, Ralph Aoun, Elie Mitri and many others, to AUB students and runners at the Marathon of Beirut!
COMMUNICATIONS DEPARTMENT

APRIL CAMPAIGN:
THE MONTH OF CHILD ABUSE PREVENTION

// OUTDOOR CAMPAIGN

ما تحبّي... خبر

الشهر العالمي للحد من العنف ضد الأطفال

HOTLINE 03414964

// OUTDOOR CAMPAIGN
COMMUNICATIONS DEPARTMENT

// APRIL CAMPAIGN:
THE MONTH OF CHILD ABUSE PREVENTION

// ON-GROUND DISTRIBUTION
The purpose of the on-ground distribution was to make himaya’s hotline numbers accessible to all. We were able to distribute more than 5000 cards throughout the Lebanese territory including the Bekaa, the North, Mount Lebanon and Beirut!
// APRIL CAMPAIGN:
THE MONTH OF CHILD ABUSE PREVENTION

// IT’S ALL IN THE EYES CAMPAIGN
The purpose of this campaign was to help the public recognize when a child is the victim of abuse, and to intervene by getting in touch with himaya.

Insight: Children often do not speak up when they are the victims of abuse. However, the pain is evident in their eyes.

// THE #DVHIMAYA SLIDE
During the month of Child Abuse Prevention, we joined forces with Divvy, our awesome Foodie4Change partner since 2015, for an inspiring campaign encouraging all customers to get in touch with the child in them in order to fight child abuse!

With every video upload onto Facebook or Instagram of a customer taking the slide at Divvy - The Village Dbayeh branch, Divvy donated $1 to himaya’s cause!

Bloggers and supporters, adults and children took the challenge to support our fight against child abuse and we couldn’t be more thankful!
COMMUNICATIONS DEPARTMENT

// APRIL CAMPAIGN:
THE MONTH OF CHILD ABUSE PREVENTION

// OUR FIERCE CHAMPIONS
Our proud supporters, The Lebanese Rugby League Federation, endorsed our cause yet again this year and helped raise awareness on child abuse.

We would like to congratulate our champions for they were officially qualified to the 2017 Rugby League World Cup which will be held in Australia, New Zealand and Papua New Guinea!

The best of luck always from the entire himaya team!

// SMALL BEAR BIG HEART CAMPAIGN
WITH ABC
The inspiring ABC team conducted their yearly Small Bear Big Heart initiative and decided to share all proceeds of this year’s edition with himaya. The cutest teddy bears were styled by Little Bluffers and were sold throughout the month of December in all ABC branches. ABC, we <3 you!
COMMUNICATIONS DEPARTMENT

APRIL CAMPAIGN:
THE MONTH OF CHILD ABUSE PREVENTION

HIMAYA’S SUPERWOMAN:
KATHIA RACHED

Kathia Rached ran for himaya during The Last Desert Antarctica Ultramarathon 2016! There are no words to thank Kathia for supporting himaya in its mission to make child protection a right across Lebanon!

There are only few brave runners who took such challenges and Kathia Rached was one of them. She did not give up and she faced these extreme conditions for she wasn’t running only for herself. She pushed, stood and fought for Lebanon and for a cause she holds dear to her heart.

Kathia finished as the 3rd female in the latest desert Antarctica Ultra marathon.

Thank you for putting Lebanon on the map of ultra-marathons. Lebanon is so proud of you!
On behalf of all the children of our Resilience Center and himaya's team members, thank you Rami and Rayan Rasamy, we couldn't be more proud and grateful for your ongoing support.

Thanks to all the efforts put in this project by Rayan and Rami, the entire Help for Lab team as well as by every single person who chose to donate to this inspiring initiative, we were able to raise 19,542.5$ for the children of our Resilience Center.

HIMAYA’S ULTIMATE HEROES:
CLIMB THE MOUNT MATERHORN
RAMI & RAYAN RASAMY

After last year’s success at the Mont Blanc ascent, our heroes Rami and Rayan Rasamy did it again this year at the climb of mount Materhorn where they proudly held their himaya flag up high!
BREAK 03 414 964 THE SILENCE