

**Thanking Letter from Mothers to Mothers Group
of Arrub Refugee Camp, Hebron, Palestine to the Counselors
within the Sexual and Reproductive health Rights project**

It has not been easy for women to get freed from the dazed culture that surrounds her, and to break out to the community without fears and restrictions. She did not look back for somebody that is chasing her, she moved on without fear or hesitation, she realized her rights and responsibilities; she was able to overcome her shame and the nightmares she suffers from in the daytime rather than when she's sleeping. The ghost of confusion and satisfaction over her rights has been removed. The woman has gone through a phase of massive change, a change that allowed her to make decisions that guarantee her calm, settled life; she turned from nothing to an active productive community member that is ambitious and creative, even within her family.

Let's stop and think about this change, it isn't easy for this cultural aspect to be erased, it's the culture that has been overruling the community for so long, here we will realize that there is a talented person that was able to lead the change through patience and trust gained from this "woman". We are a group small in size but big in its activities, we have become a family that is continuously seeking more and more accomplishments, to gain more knowledge in a manner that suites every woman among us.

All this reverts to three women who were able to gain our hearts, and reinvent our rotten lives. This change did take its time, not a year or two but five years of continuous efforts aiming at improvement and change, those efforts were also carried on by our children who have the same feelings for those women.

On behalf of the Evident Mother Group for Psychological and Sexual Health, we express our gratitude to the counselors Mrs. Amal Turk (Um Islam), Mrs. Ayda Altit and Mrs. Nida' Shakarneh for their great efforts and generous knowledge transfer in regards to psychological, physical and sexual health, which has influenced us on a personal level, with our children and husbands as well.

We ask you to continue to work together and further develop ourselves.

The Evident Mother Group
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Al Arrub Refugee Camp

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