

## CONTACTS

### Website

[mariposaproject.eu](http://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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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.

## 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.



## 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.