Impact Assessment for CARE’s Psychosocial Support Program

**Strengthening emotional wellbeing**
- Coping with new realities
  - Giving them a sense of purpose
- Building their self-esteem and resilience
  - Fostering a positive self-image
- Providing a peer network
  - Developing positive outlook for the future
- Increase the feelings of acceptance and belonging
  - Interaction with host community members without discrimination
- Increase the feelings of competency
  - Develop creativity and increase self-expression
- Support girls in defending their rights
  - Increasing women’s participation in income generation opportunities

**Healthy lifestyle**
- Practicing healthy lifestyle behaviors that promote psychological wellbeing.
- Changing mothers’ perception of self-care.
- Practicing mindfulness-based exercises for stress reduction.

**Self-worth and personal development**
- Transformation in overcoming extreme shyness and expressing themselves in public.
- Improving their communication skills.
- Increasing their confidence and self-worth.
- Feeling confident in making their own decisions.
- Saying no and maintaining healthy boundaries in their relations.
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- Becoming mindful of their behaviors and decisions in stressful situations.
- Adapting new strategies to cope with stress concerns.
- Adopting new relaxation techniques that encourage deep breathing.
- Cope with living in a camp environment.
- Challenging gender norms that related to acknowledging men's right to express their feelings.

Coping mechanism

Engagement with their community

Belonging in their new environment

Emotional strength

Sharing stories

Overcome isolation

I am not alone

Build connections

Good mental health practices

Substantial degree of social connectedness

Build their support networks

Strengthening social wellbeing