

## **Community Appeal - additional information**

Hestia Hellas serves vulnerable Greek and refugee populations in Athens in their path to independence and participation in society. We focus on integration, autonomy, and sustainability by providing psychosocial support, job and life skills, therapeutic interventions for special needs children, and community advocacy. Hestia Hellas uses an holistic approach in order to support the social and economic integration of vulnerable communities into the Greek society. We are providing a vulnerable community with sustainable tools and a skill set necessary to participate in daily life and thrive in times of difficulties. Greece is facing multiple challenges including an economic crisis, an influx of refugees and migrants and recently devastating fires that have deprived many families from housing and jobs. At Hestia Hellas they have safe access to multiple programs that will help them cope with the situation and strengthen their position in society. Many have experienced traumatic events including abuse, violence and natural disasters which can have long term effects on their mental health and their position in society.



### **Psychosocial Support (PSS) services**

Our 8-person PSS team provides group and 1:1 therapy to children, adolescents and adults. Modalities used among the team include, CBT, Gestalt and Psychodynamic therapies. In addition to therapeutic sessions, our PSS team also holds about 3-8 workshops per month, including places like Mati. We also tailor workshops for other NGOs, beneficiaries, schools and other local stakeholders.

### **Child-Friendly Space**

Our CFS is run by volunteers who have background in psychology, education and mental health. Modalities used are ABA, (Applied Behaviour Analysis), TEACCH model (Treatment and Education of Autistic and Communication related to handicapped Children), PECS (Picture Exchange Communication System) and MAKATON with a focus in on therapeutic interventions for children with special needs. The CFS is open to all children ages 2-17 years old. Some of our educational activities include an IT program, English, Maths, Science Activities, emotional learning and health and nutrition among others. Our CFS also provides the ideal location to identify children who have been Victims of Torture (VoTs), sexual violence, PTSD and other forms of trauma to be referred internally to our PSS team.



## Livelihoods (job and life skills support)

Our Livelihoods program currently offers computer classes such as typing, Word, Excel and PowerPoint. We also have a job wall where we advertise any local openings for which our beneficiaries may qualify. We offer CV preparation, interviewing skills and assistance in applying for universities here in Greece. We will also be expanding our current services to include life skills and focusing more on on-line learning with certificates from American and British universities. In addition, we provide a 12-week Sustainable Entrepreneurship for Empowerment and Development (SEED) Business Course the next of which will start in February. Currently, our livelihoods is solely run by volunteers.

## Food Distribution

We offer a warm lunch every weekday, from 12-15:00 hours and serve up to 3,000 persons per month.

Our appeal covers the cost of our PSS Coordinator who is a Greek national with over a decade of experience and holds a Masters Degree in Psychology. She not only supervises the 8-person PSS team, but also create leading workshops for practitioners, beneficiaries, and leads any further support provided to Mati wildfire survivors. Additional funds would cover the cost of our Child/Adolescent Psychologist, a Greek national who also holds a Masters Degree in Psychology and has over 4 years of experience working for vulnerable groups. Both paid professionals adhere to the strict codes within their field and will comply with the UK's safeguarding procedures.



Psychologist Supervisor	£2,000 month (actual salary €1,200)	£24,000
Child/Adolescent Psychologist	£1200 (actual salary €900)	£14,400
<b>Total / year:</b>		£38,400

We pray the Bishop's lent appeal will allow us to continue these much-needed services. Any surplus funding will go directly towards the salary of our Child/Adolescent Psychologist as outlined above. Our video lent appeal, found on Hestia Hellas's youtube [page](#), further outlines the work we do and our valued and esteemed partnership with the Anglican Church.

Please feel free to contact me at [lauraine@hestiahellas.org](mailto:lauraine@hestiahellas.org) for any additional information.

Co-Founder and Director

Hestia Hellas