



Emergency food distribution and provision of masks & sanitary supplies for all.

HOPE
for **KORAH**
August 2020



Library games, a break from social-isolation at home.

Summer Happenings...

Covid-19 and Its Far-Reaching Impact

This Covid-Summer has certainly looked much different in Korah. The burden of lost work, social distancing and lack of food security have caused significant stress and uncertainty for nearly everyone. Even one of our most successful graduated couples approached HFK for help when their source of income stopped due to shutdowns. For those who have worked so tirelessly to achieve stability for their families, this sudden unpredictability & lack of sustainable income has created such fear and anxiety for the future.

When the coronavirus first reached Ethiopia, families tried to brace themselves for the economic strain of the virus. Yet, it was the psychological toll of pandemic life that many individuals were ill prepared for. With the closure of schools and daycare, mothers became overwhelmed with the pressure of trying to entertain and keep young children safe, all while confined to their tiny one-room homes. Financial pressures mounted as both job opportunities and supplementary meals at school ceased. Parents had to provide more meals on increasingly restricted income. Family violence and conflict grew as parents struggled to contain bored and socially isolated children and teens who were now attempting to complete schoolwork from home over radio and TV programs. One single mom shared that she began considering suicide as she struggled to reconcile the ways she had been treating her children due to the weight of these stresses. As families' reactions intensified, the need for targeted emotional and psychological support became very apparent.

Psychosocial, Economic Empowerment & Life Skills Trainings

In response, Hope for Korah (HFK) is offering counselling services and we have hired professionals to provide trainings on parenting skills, trauma and stress management. The feedback we received from families was overwhelmingly positive. One participant said the "3-day training felt like 30 minutes" as she was so engaged in what she was learning and found it so valuable. Most of our women have never learned specific skills to manage anxiety, stress, and conflict before. Being taught to differentiate between their self-worth and their emotional and physical bodily reactions to stress has been transformational. The training taught them new ways to calm their own bodies, to understand and regulate their emotions, and how to communicate their needs.

As Covid-19 restrictions lift slowly, our staff are continuing to facilitate Economic Empowerment and Life Skills trainings to our mothers in small groups. Though it is a relief to move forward, jobs are very scarce and the economic landscape has shifted in Korah. We appreciate your prayers for direction as we navigate how to empower our families economically during such a widespread economic crisis. We appreciate all the ways our HFK supporters have prayed, given, and empowered our families in the face of uncertainty!

Youth & Children in Korah

Amidst the fear, family tensions and isolation caused by Covid-19, our children and youth have found great reprieve by accessing books and spending time in the HFK library. Tutoring for Grade 8 and 12 students has restarted and is helping them prepare for their upcoming National Exams. Berta pancakes are offered throughout the day for children coming to the library and tutoring. Every week, daycare students have been given an activity pack to keep them learning & entertained at home.

We are excited for our youth ages 12-22 as they participate in Life Skills Trainings this month! There will be much laughter, fun activities, and thoughtful discussion as they gather in small groups to receive teaching on crucial and sensitive topics such as peer pressure, sexual behaviour, and substance abuse. There are many obstacles & barriers in Korah, so it takes great courage for our youth to say a firm "no" to temptations. Life skills trainings provide youth with both knowledge and tools to face problems bravely, and to choose a mindset of integrity, positive change, and hope for their future.



Stress Management Training



Parenting Skills Exercise



Our fun-loving 12 & 13 year-olds at Life Skills Training.



Gr. 8 Tutoring Class



A specially-made frame for my sponsors' photo.



NEW! 2021 Calendar

Today, we are excited to share with you that, for the first time, we will be introducing a beautiful,

*Hope for Korah
2021 Calendar.*

Each month captures simple moments of everyday life in Korah. The photographs have an artistic quality to them and will make a lovely wall decoration. Also, the calendar could be given as a meaningful Christmas gift. This will be, of course, a fundraiser to help and assist our so needy people in Korah. We hope that you will be able to support this project and place your orders...

...and here is just a small preview of what *our calendar will look like:*

...we love it - hope you will too.

Ordering a HFK Calendar or making a donation will help to break the cycle of poverty in Korah!



Hope for Korah 2021 Calendar Order Form

To Purchase by Cheque:

Make payable to 'Hope for Korah'

To Purchase by Credit Card:

VISA MasterCard Expiry ____ - ____

Credit Card Number: _____

3 Digit Pin : _____

Name as on card: _____

Yes! I'd like to purchase _____ Calendar(s). Total Amount with shipping \$ _____

Name: _____

Address: _____

City: _____ **Prov/State:** _____ **Postal/Zip:** _____

Phone: _____ **Email:** _____

2021 Calendar - \$35.00 plus \$5.00 shipping

Purchase 3 or more Calendars - receive Free Shipping!

Calendars will begin shipping in September
Calendar Page Size: 8.5"x11"