

What support do the Centres provide?

(continued)

Vocational Courses

The Centres regularly provide vocational courses on sewing, computer skills and needlework. It supports women from vulnerable families to develop skills that are in local demand, thereby helping them to earn money and support their families. Additionally, in some regions of Tajikistan affected by the

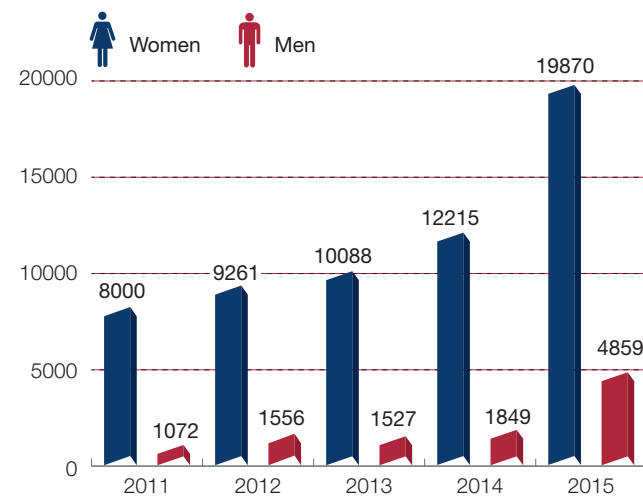
civil war where many girls did not attend school, literacy classes are organized.

The literacy, sewing and computer courses address the basic needs for women and girls in communicating, reading, writing, and to participate more freely in the economic and social life of their country.



Women's Resource Centres offer vocational courses such as computing, giving women and girls the opportunity to enhance their skill set and improve their chances of getting a job.

Support Provided by Women's Resource Centres 2011-2015



The Women's Resource Centres are functioning thanks to generous contribution of (listed according to the scale of contributions):



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Organization for Security and Co-operation in Europe Office in Tajikistan Women's Resource Centres



What are Women's Resource Centres?

The OSCE Office in Tajikistan has established a nationwide network of 18 Women's Resource Centres to protect victims of domestic violence and to support them in becoming independent through education and developing skills.

The project is part of the OSCE's work in promoting gender equality and the empowerment of women and girls by supporting their greater access to rights and opportunities.

The 18 Women's Resource Centres are focal points offering community-based vocational training and counselling, and are located

across the country. They closely co-operate with the Interior Ministry's Gender Sensitive Police Units, which were launched with the support of the OSCE Office in Tajikistan.



The borders and names on this map do not imply official endorsement or acceptance by the OSCE.

What support do the Centres provide?

Women's Resource Centres offer psychological counselling, legal support and vocational courses. Although most of those offered support are women, men who request counselling and vocational training from the Centres are also provided with assistance.

Psychological Counselling

Psychologists at the Centres help women to rebuild relationships, confront trauma and post-traumatic stress, and to deal with panic and anxiety attacks. Through psychological counselling the psychologists are often able to help victims overcome suicidal thoughts, regain confidence, prevent self-harm and renew the sense of purpose in women's lives. The counselling also assists in identifying whether such women need to be referred to

other partner organizations or structures for further support.

Legal support

Each Women's Resource Centre has a legal adviser who provides free legal consultations to victims of violence, enabling them to receive legal redress when appropriate. Women's Resource Centre Staff mainly deal with issues relating to divorce proceedings, obtaining protection orders, child custody and alimony.

'The first time I met a psychologist'

The story of Malohat, 27, from Khuroson, shows how a domestic violence victim was able to turn her life around thanks to the support of her local Women Resource Centre as well as her own determination.

Having left her husband who had subjected her and the children to regular beatings, she found herself with no place to live. As she did not finish school and had no qualifications, she could not find a job nor earn money.

Forced to return to her parents' house, Malohat's husband continued to harass her and threatened to take the children away. Malohat was so desperate that she started to think about taking her own life.

She started to visit the local Women Resource Centre, where she was offered free legal advice on divorce and on how to receive child support.

"There, at the Centre, for the first time in my life I met a psychologist," she recalls. "The psychologist was very supportive and advised me to enrol on a three-month computer course run by the Centre."

Malohat was one of the best students. The Women Resource Centre staff helped her to get a school leaver's certificate, and within weeks she was employed as a typist.



Among the staff at Women's Resource Centres are legal advisers who can provide vulnerable women with crucial advice and support in seeking legal redress for crimes they may have suffered