

# PEACE OF MIND

FOUNDATION



ANNUAL REPORT  
2023

# Table of content

**01**

List of abbreviations

**02**

Message from board member Afrodet Zuri

**04**

Introduction

**08**

Year in review

**11**

Peace of Mind Foundation enabled projects

**25**

Looking ahead

**28**

Get involved

**31**

Financial overview

# List of abbreviations

**ACTI**

Action for Child Trauma International

**ARQ**

ARQ National Psychotrauma Centre

**CAR**

Central African Republic

**MHPSS**

Mental health and psychosocial support

**ECI**

Early Childhood Intervention

**FC**

Football Club

**NGO**

Non-governmental organization

**PCC**

Palestinian Counseling Centre

**PFA**

Psychological first aid

**PTSD**

Post-traumatic stress disorder

**PoM**

Peace of Mind Foundation

**ToT**

Training of Trainers

**UNICEF**

United Nations Children's Fund

**YAD**

Youth Association for Development

## Message from the Board

Reflecting on our first year of operation at the Peace of Mind Foundation, as a board member I am filled with pride and gratitude. Since our establishment in June 2022, we have made incredible strides in supporting children affected by war, violence, and disaster. Our mission to provide mental health care has gained momentum thanks to the dedication of our team and partners.

One of the most rewarding aspects of this journey has been seeing our art therapy programs, like the support for Afghan refugees in South-Western Pakistan, in action. As an art advisor and curator, it's deeply satisfying to witness the transformative power of art in helping these young lives heal.

Our partnerships have been vital, enabling us to extend our reach and impact. Collaborating with local organizations has allowed us to share resources and expertise, ensuring children receive the mental health support they need. The passion and dedication of our partners inspire me every day.

But what truly fuels our work is the resilience of the children, the strength of their families, and the commitment of frontline workers. Their courage and determination are at the heart of what we do, pushing us to keep moving forward.

As we look to the future, I am excited about expanding our programs to reach even more children in need. Our first year has laid a solid foundation for the years to come, and we are committed to building on this success. I am incredibly grateful to our donors, partners, and community for their support, and I promise we will continue to honor that trust.

Together, we are making a difference.  
Together, we are creating a world where every child has the chance to heal and thrive.

# Afrodet Zuri





# Introduction



The Peace of Mind Foundation (PoM) is a Swiss NGO established in 2022 to provide mental health support to children affected by war, violence, conflict, and disaster. PoM was created to provide relief and restore hope for young people affected by conflict and other emergencies, giving them the tools they need to work through the darkness and hopelessness that war and other traumatic experiences may cause.

Exposure to war, violence, and disasters can lead to a range of psychological issues, including post-traumatic stress disorder (PTSD), anxiety, depression, and behavioral problems. These experiences can disrupt a child's sense of safety and stability, leading to difficulties in emotional regulation, social interactions, and cognitive functioning.

Children who have faced trauma may experience nightmares, flashbacks, and severe anxiety, making it challenging for them to focus on school and maintain healthy interpersonal relationships. Without proper support, these mental health issues can persist into adulthood, affecting their ability to live productive and fulfilling lives. Effective mental health and psychosocial support (MHPSS) are crucial in helping these children process their experiences, build resilience, and regain a sense of normalcy and hope.

PoM finds and funds frontline organizations that provide MHPSS and trauma healing support to children and facilitate culturally appropriate and evidently effective forms of therapy. PoM is especially keen on supporting and promoting art therapy and arts-based therapeutic approaches. By practicing artistic expression, children can explore and navigate their traumatic experiences, addressing emotional issues through a creative outlet. The healing power of this process can be profound. Art therapy can help improve or restore a child's functioning and sense of personal well-being and overcome symptoms such as anxiety, anger, and behavioral difficulties.



## The goals of PoM are threefold:

**1** Support trauma healing and mental health: Provide MHPSS and trauma healing tools and opportunities and reduce learning blockages to allow children from war zones and other unstable environments to reach their full potential in life.

**2** Inspire through arts and creative outlets: Support children affected by loss, shock, and trauma in dealing with their experiences and potential mental health issues through arts and other creative outlets.

**3** Raise awareness of mental health and contribute to collective healing: Promote the importance of mental health and contribute to collective healing and peacebuilding through the reduction of individual trauma and resentments, fostering more peaceful and resilient societies.





**Mission**  
Providing mental health relief to children traumatized from war through the healing powers of art (and) therapy.

**Vision**  
A world in which it's possible for all children to overcome crisis-inflicted trauma, and achieve their full potential in life.

## Our values

### Integrity

We value honesty and transparency – we do the right thing, and work efficiently, with conviction.

### Humanity

We value the preciousness of human life above politics – we are neutral, impartial, and work tirelessly to heal children's minds.

### Hope

We value hope above all. It's the reason we exist – to restore it to children affected by war, violence and chaos.

# Year in review



In 2023, PoM entered into seven grant agreements, partially or fully funding six projects and one training initiative. The projects supported varied widely, including training courses and capacity development for mental health professionals, social workers, and early childhood development specialists, as well as sports- and arts-based psychosocial and mental health support initiatives for children.

The year 2023 marked the first full year of operations for the Peace of Mind Foundation, following our official launch in June 2022. During the initial months, we focused on establishing our visual brand and developing the necessary operational and legislative infrastructure. After the launch of our website, PoM began building connections and participating in the global dialogue on trauma and mental health and psychosocial support (MHPSS).

In line with our mandate, we prioritized projects for children affected by war, violence, and conflict. We supported children in Ukraine and Gaza, as well as those in less publicized conflict areas like the Central African Republic, and in protracted displacement settings, such as Afghan refugees in Pakistan.



Ensuring that the project activities are culturally appropriate and accepted by the communities is crucial for their effectiveness and impact.

Consequently, PoM-supported projects often include community components to foster appreciation and understanding of the project activities, engage parents, siblings, and other community members, and raise awareness of mental health and child protection issues.

In Pakistan, community activities included mental health awareness events and art exhibitions, while the Central African Republic project "Improving the psychosocial well-being of conflict-affected children in Bamingui-Bangoran Prefecture," provided small grants to community networks to support child protection activities and implement micro-projects. In both cases, collaboration and direct involvement with the communities have been vital in promoting the acceptance and success of the projects.



# Achievements and Impact in 2023

In 2023, PoM made significant strides in supporting children's mental health, and:

- Supported 748 children through various therapeutic programs.
- Funded training and guidance for approximately 430 parents, caregivers, mental health professionals, and social workers to enhance their understanding and capacity to support children with mental health issues.
- Partnered with seven organizations to deliver MHPSS activities in six countries.
- Funded art therapy workshops that reached 80 children in Ukraine, helping them process trauma and express their emotions creatively.
- Funded art therapy classes in eight schools across Pakistan, reaching 446 children with a comprehensive approach that included trauma support, mental health education, and creative expression.



# Peace of Mind Foundation enabled projects



# Reducing Anxiety and Promoting Resilience in Yemen



Implemented by Action for Child Trauma International and Bridges to Peace and Solidarity (November 2023)

Yemen, ravaged by nearly a decade of war, faces the world's worst mental health crisis, with nearly 8 million Yemenis in need of mental health services and psychosocial support. Children, particularly vulnerable to the psychological effects of armed conflict, suffer extreme levels of anxiety and trauma, which, if left unaddressed, may lead to long-term mental health problems.

In response, Peace of Mind Foundation contributed to phase 3 of the "Anxiety and Resilience Training Programme for Yemen," developed with input from psychologists working with Syrian refugees. This training, implemented by Action for Child Trauma International (ACTI) and the Canadian NGO Bridges to Peace and Solidarity, aimed to equip mental health professionals with tools to support children and their families in managing anxiety and other strong negative emotions, as well as fostering resilience and hope.

From November 24–26, 2023, a virtual training session was held for 25 participants from Hajjah, comprising nine men and 16 women, all social workers and teachers from Yemeni Ministry of Education schools.

The training included step-by-step directions for teachers and volunteers, incorporating commonly used anxiety management techniques and arts-based therapeutic activities, designed for children and teenagers aged seven to 17.

Based on the achievements of ACTI and Bridges to Peace and Solidarity in delivering this training in a very challenging political context, PoM has decided to partner with ACTI again in early 2024 for a training session in Northern Uganda.



The power of art  
therapy

## Art Therapy in Crisis Settings: Healing Through Creativity

Art therapy and art-inspired therapy approaches are using creative processes and are particularly effective for children in distress, including those in war zones and crisis settings. It enables children to communicate their emotions and experiences when words may not suffice, providing a crucial outlet for expression.

### Why Art Therapy is Effective

1. **Non-Verbal Expression:** Offers a safe, non-verbal way for children to express complex emotions and traumas.
2. **Emotional Release and Processing:** Facilitates emotional release and helps children process their experiences in a supportive environment.
3. **Building Resilience:** Helps develop coping skills and resilience, encouraging children to navigate their feelings constructively.
4. **Restoring Normalcy and Control:** Provides a familiar and creative activity that helps restore a sense of normalcy and control.
5. **Social Interaction and Cohesion:** Promotes social connections and peer support, essential for rebuilding trust and community.
6. **Cultural Sensitivity and Adaptability:** Can be adapted to various cultural contexts, making it accessible and relevant.

## Application in Crisis Settings

Art therapy is a flexible and accessible form of support, ideal for use in refugee camps, shelters, and other crisis environments. It helps children find moments of peace and start the healing process. PoM integrates art therapy into its programs, providing a pathway to recovery and emotional well-being for children affected by conflict and trauma.



# Strengthening the Psychosocial Wellbeing of Ukrainian Families through Art and Music Therapy in Ukraine



Implemented by ARQ National Psychotrauma Centre (started November 2023, expected to run until December 2024)

The mental health situation of children in Ukraine has become increasingly precarious due to the ongoing conflict, following the Russian full-scale invasion, which has exacerbated psychological trauma and distress. The demand for specialized mental health professionals capable of addressing their unique needs has never been more critical. According to recent studies, the current landscape reveals a significant shortage of trained practitioners, particularly in community-based settings, where children often seek support. This gap in professional resources hinders the effective delivery of psychosocial interventions and therapeutic services, thereby impeding the overall well-being and development of children affected by the war.<sup>1</sup>

To address this gap in mental health services, the project aims to enhance the psychosocial well-being of Ukrainian children and families in Odessa by expanding access to art therapy. Art therapy, proven effective in alleviating trauma symptoms and negative moods, is adaptable to various age groups and modalities. Building on a successful pilot program, ARQ International and Healthy Society Ukraine plan to train 15 Early Child Intervention (ECI) specialists in art therapy. These specialists, who are already providing educational, psychosocial, and practical support across eight ECI centers, will integrate art therapy techniques into their services, ultimately reaching more than 100 families, including those who are internally displaced.

Additionally, by training 30 parents in art, music, and storytelling therapies, the project seeks to provide sustainable and effective psychosocial support to families affected by the war. This initiative is crucial for addressing the needs of thousands of internally displaced families in Odessa, many of whom are severely traumatized, fostering resilience and emotional healing within the community.

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<sup>1</sup> "MHPSS in Ukraine: Coping, Help-Seeking and Health Systems Strengthening" available at <https://arq.org/en/publications/mhpss-ukraine>.

# Therapeutic and Mentoring Programme for Unaccompanied Minor Asylum Seekers in the United Kingdom



Enthum Foundation (February 2023 to December 2024)

The number of unaccompanied minor asylum seekers across Europe is rising, with 67% of the 35,170 children arriving in 2022 being without parents or legal guardians. These children, fleeing war, poverty, and persecution, often endure prolonged and traumatic journeys, making them highly vulnerable to abuse and exploitation. Recent studies report that approximately 32% to 46% of these minors face various forms of violence, including physical and sexual abuse, exploitation by human smugglers, and threats from armed forces. These traumatic experiences can lead to severe psychological issues, such as PTSD and depression, with PTSD rates ranging from 21.8% to 64.7%, depending on the study and population assessed.

In the UK, many of these minors are placed in inadequate facilities, such as temporary accommodations or rented hotels, which lack the necessary resources, supervision, and specialized services required for their emotional and psychological needs. These conditions, which fail to address the unique challenges faced by unaccompanied minors, highlight the urgent need for dedicated projects that offer comprehensive care, protection, and assistance to help them cope with their experiences and rebuild their lives.

In response to this need, PoM began supporting the Enthum Foundation on February 1, 2023. The Enthum Foundation provides safe, sustainable homes for unaccompanied minor asylum seekers aged 16–18 in East Sussex, offering a nurturing and empowering environment for these young people. During the reporting period, PoM supported 20 young people by funding therapeutic activities and a mentoring program.

With PoM's support, residents of Enthum House had access to various therapeutic activities, including gym sessions, swimming, therapy, boxing, football, and cricket. Feedback indicates that these activities significantly improved the minors' mental health and physical well-being. The mentoring program provided critical support, helping the young people adjust to life in the UK, teaching life skills, and offering emotional support. This mentoring empowered the young people, fostering independence and confidence.

PoM's mission is to support children affected by war, violence, and displacement, whether in their country of origin, neighboring countries, or asylum-providing countries. We remain committed to supporting unaccompanied asylum-seeking children in their journey toward a better future.

# Improving the psychosocial well-being of conflict-affected children in Bamingui-Bangoran Prefecture, Central African Republic

Implemented by War Child Alliance (July 2023 - January 2024)

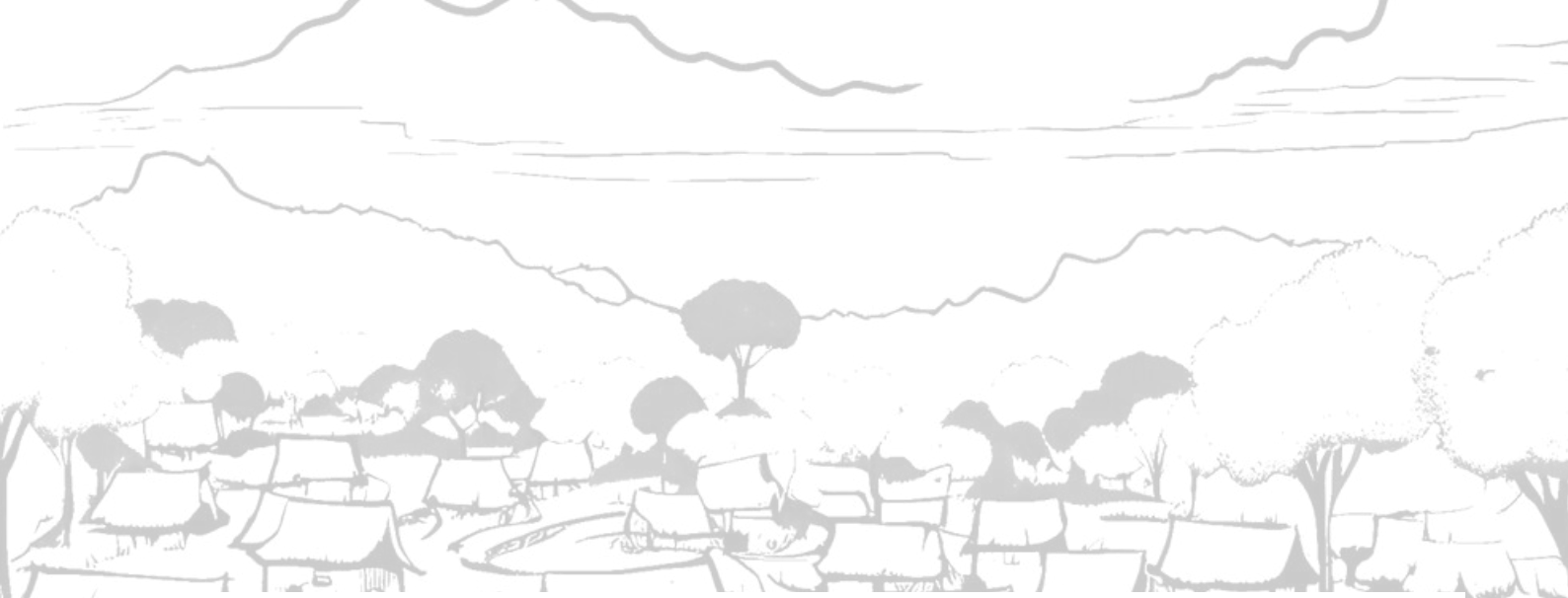


Since 2012, the Central African Republic (CAR) has faced an unprecedented humanitarian crisis due to ongoing armed conflicts. Continuous exposure to violence and poverty has severely compromised the mental health and psychosocial well-being of children and adolescents, leading to negative behaviors such as aggression, school refusal, violence against younger children, and risky sexual behavior. The worsening situation, exacerbated by food insecurity and attacks on social infrastructures, has not only displaced thousands of families but also increased the recruitment of children into armed groups. In this context, there is a pressing need for targeted MHPSS projects to address these compounded challenges.

Recognizing the dire need for support for children in CAR, PoM decided to facilitate an innovative new methodology developed and piloted by War Child, called "War Child FC." This methodology leverages the transformative power of football to address children's mental health needs by providing a structured and safe environment where they can release energy, build trust, and develop essential life skills.

The War Child FC methodology includes 20 weekly sessions delivered by locally recruited and trained coaches and facilitators. The approach is based on six core competencies integrated into each football session: identity and self-awareness, brain development, emotional regulation, positive social skills, conflict resolution, and perseverance.

Engaging in structured and guided football sessions helps traumatized children by offering them a sense of normalcy and stability. It promotes emotional healing by enabling children to express their feelings, build self-esteem, and gain confidence. Additionally, football fosters social cohesion and teamwork, providing children with a vital sense of belonging and community. Through trauma-sensitive coaching and structured programs, football helps children cope with manageable stress, develop resilience, and better equip them to handle life's challenges.



In CAR, 204 vulnerable children—94 girls and 110 boys—across six communities participated in the project. The participation rate was remarkably high, with 96% of the registered children actively engaging in the activities. In addition to the children's sessions, War Child trained 72 caregivers—46 men and 26 women—in the "Be There"<sup>2</sup> methodology. This training aimed to enhance children's resilience and well-being by promoting positive parenting. Four sessions were delivered in 2023, equipping caregivers with the skills and knowledge to better manage stress, frustration, and anger. The caregivers reported significant improvements in managing their children and expressed great enthusiasm for the activities.

A key element of the project's success was community outreach and inclusion. War Child collaborated with local Community Protection Networks, which led to the development of six community awareness plans on child protection, gender-based violence, and social cohesion. The 60 members of the Community Protection Networks—22 women and 38 men—now have a better understanding of child protection and referral mechanisms and are equipped to develop and deliver micro-projects. These plans further strengthen the community's ability to protect and support its children.

Overall, the project profoundly impacted the communities it served. Positive changes were observed among the children, including improved adaptation to their environment, peaceful interactions, social cohesion, and respect for rules and principles. The active participation and positive feedback from both the children and caregivers highlight the effectiveness of the War Child FC approach in fostering a supportive and cohesive community environment.

The piloting of the War Child FC methodology, enabled by PoM, presented an opportunity to document and replicate the project's successes on a larger scale, benefiting other War Child country offices and humanitarian organizations. Leveraging the insights and lessons learned from the pilot project, further roll-outs of the methodology are planned in cooperation with UNICEF.

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<sup>2</sup> The "Be There" methodology is a trauma-informed approach that emphasizes presence, empathy, active listening, and non-intrusive support to help individuals, especially children, process trauma. It focuses on creating a safe environment, encouraging emotional expression, and empowering individuals to regain control over their lives.

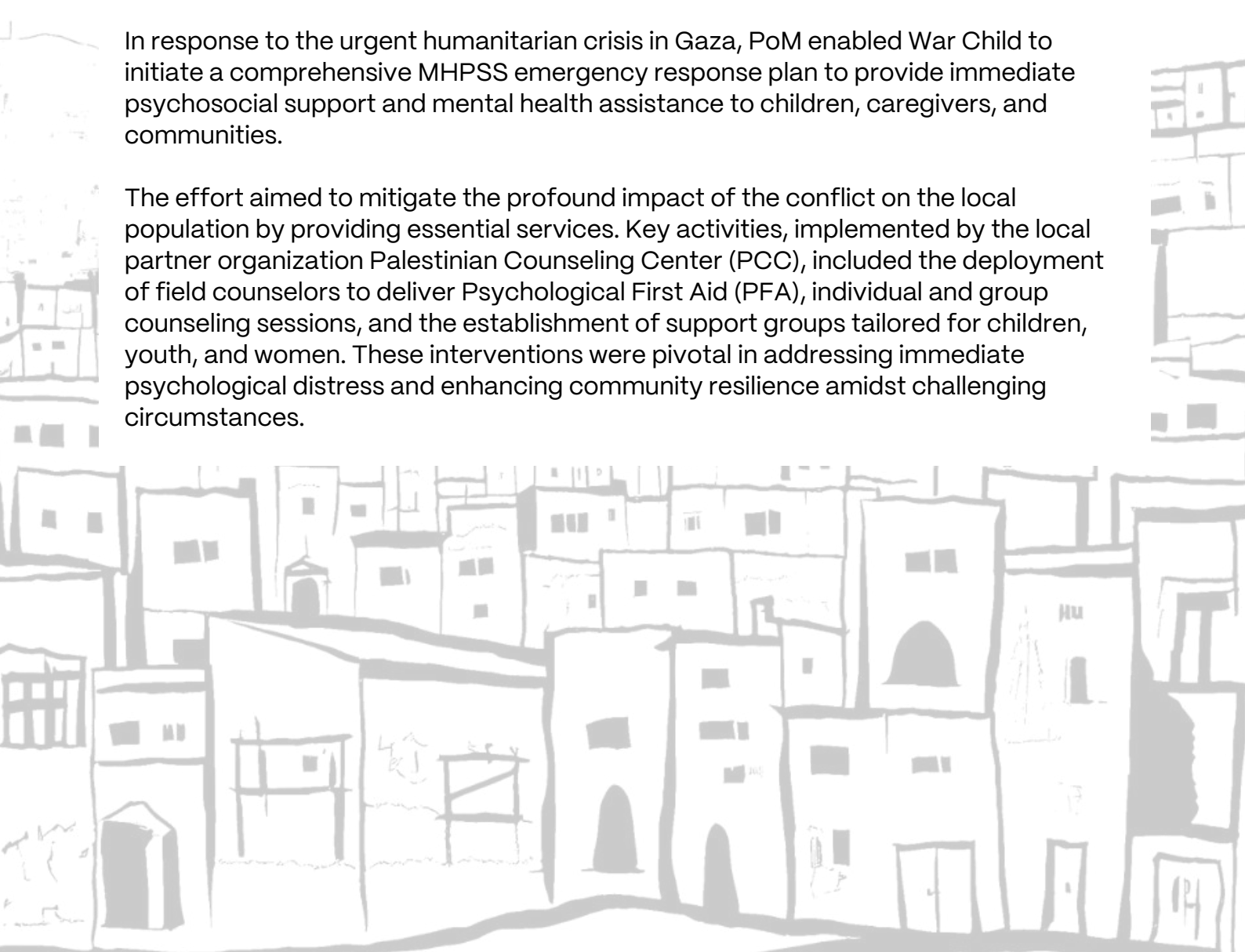
# Gaza Emergency MHPSS Response Fund

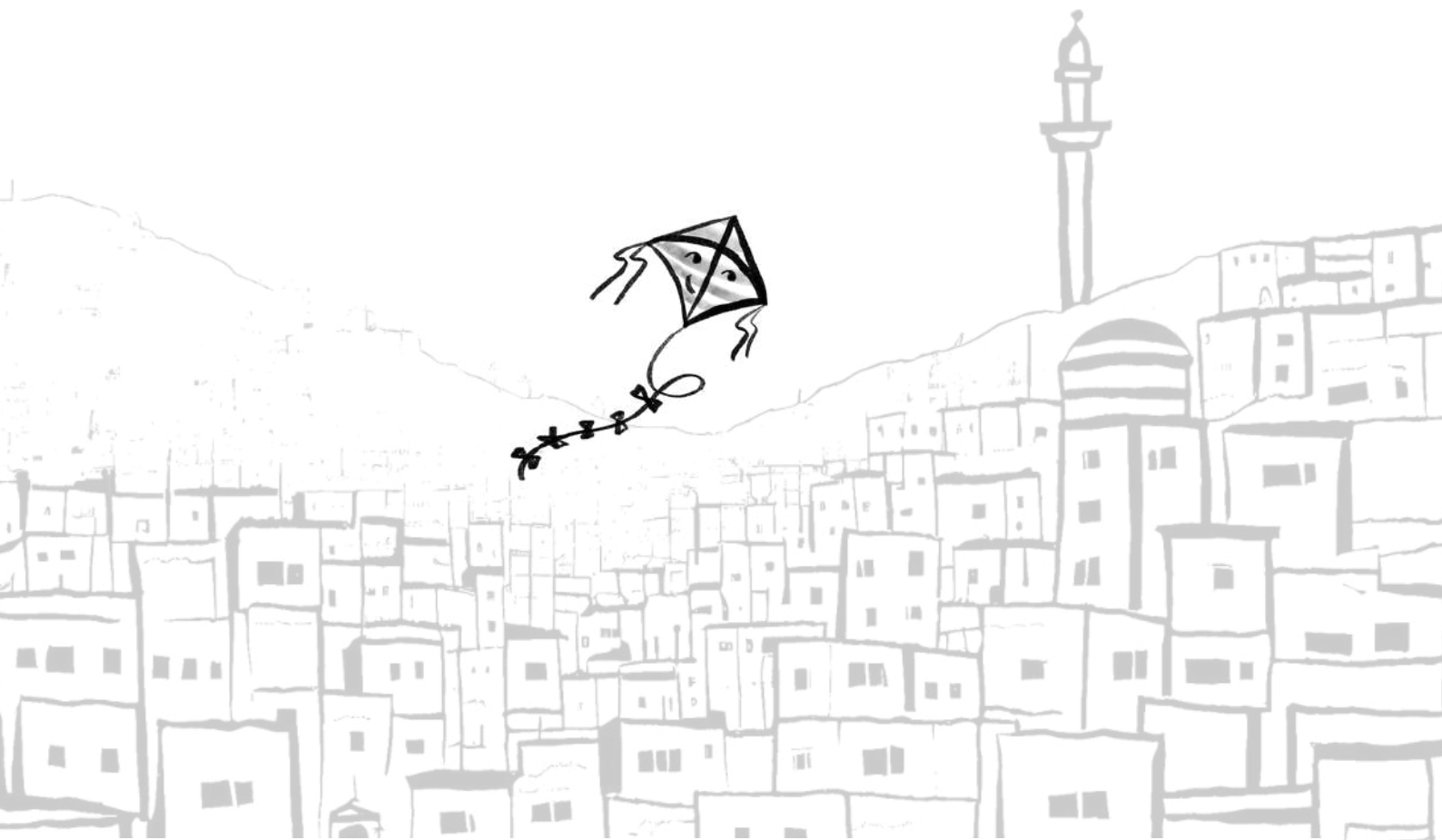
Implemented by War Child Alliance (started in October 2023)

The loss of life and destruction of livelihoods that the world witnessed in Gaza since Hamas' attack on Israel on October 7th 2023, are unprecedented and have left a profound impact on the population, particularly on children. The sustained violence and destruction have resulted in mass displacement. Vital infrastructure, including water, sanitation, and healthcare facilities, has been severely damaged, leading to significant shortages in medical supplies and fuel. For children, the constant exposure to traumatic experiences such as the loss of family members, displacement, and the relentless threat of violence and death has led to severe mental health challenges, including anxiety, PTSD and depression. These traumatic events profoundly affect their overall well-being, underscoring the critical need for MHPSS interventions.

In response to the urgent humanitarian crisis in Gaza, PoM enabled War Child to initiate a comprehensive MHPSS emergency response plan to provide immediate psychosocial support and mental health assistance to children, caregivers, and communities.

The effort aimed to mitigate the profound impact of the conflict on the local population by providing essential services. Key activities, implemented by the local partner organization Palestinian Counseling Center (PCC), included the deployment of field counselors to deliver Psychological First Aid (PFA), individual and group counseling sessions, and the establishment of support groups tailored for children, youth, and women. These interventions were pivotal in addressing immediate psychological distress and enhancing community resilience amidst challenging circumstances.





The project successfully conducted 10 PFA interventions, benefiting 25 individuals, and established eight support groups involving 173 participants, focusing on psychoeducation and stress management. Additionally, 61 people received individual counseling sessions, addressing a range of psychosocial issues such as stress, anxiety, and familial challenges exacerbated by the conflict. Moreover, the project facilitated 274 phone consultations via the PCC hotline, reaching 268 beneficiaries, underscoring its role in providing accessible support remotely. Furthermore, 346 service providers participated in remote psychological debriefing and group supervision sessions, enhancing their capacity to deliver effective MHPSS under strenuous conditions.<sup>3</sup>

Throughout these efforts, War Child adhered to rigorous humanitarian standards, ensuring the activities were conducted impartially and with utmost respect for local sensitivities. The initiative not only addressed immediate psychological needs but also laid the groundwork for long-term resilience and recovery among the affected population in Gaza. These outcomes underscore the project's significant contribution to enhancing mental health support amidst ongoing humanitarian challenges.

In 2024, War Child will extend project activities to the West Bank with the intention to provide MHPSS support to children affected by the Israeli occupation.

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<sup>3</sup> As reported by War Child in March 2024.

# Empowering children and adults working with children in Ukraine and refugee communities

Implemented by War Childhood Museum (April 2023 - July 2024)

The psychological impact of the ongoing conflict in Ukraine on children and families has been profound and enduring, significantly affecting their emotional and social development. Constant exposure to violence and increased daily stressors, such as limited access to essential services, have led to considerable emotional and psychosocial distress. This heightened distress increases the risk of long-term mental health issues, including anxiety, depression, and PTSD. The instability of their environments and the lack of supportive structures further exacerbate the vulnerability of children. Parents and caregivers, who play a crucial role in maintaining children's resilience and well-being, are also under immense stress. This situation highlights the urgent need for comprehensive MHPSS interventions tailored to the specific needs of these families and especially for children.

Through its support of the War Childhood Museum, PoM has made significant contributions to empowering local actors who engage with individuals and communities affected by trauma. PoM funded seven workshops in 2023, providing safe and nurturing environments for children and their caregivers to openly discuss their war experiences. These workshops utilized art-inspired therapy, featuring activities such as readings, storytelling, dance movement therapy, and collage creation, to equip participants with coping mechanisms to manage their fears and emotions.





The workshops have been impactful in various locations, including Romania and Ukraine. For instance, in Bucharest, Romania, an art-therapy workshop provided a transformative healing experience for nineteen Ukrainian refugee children. By creating collages, the children were able to express their emotions and hopes, fostering empowerment and self-discovery.

In Kyiv workshops like dance movement therapy and humorous writing helped children reflect on their stress and find joy in challenging situations. These sessions promoted self-expression, community support, and improved the psycho-emotional state of the participants.

Overall, the workshops have played a significant role in the healing journey of children affected by war. By employing creative activities tailored to their needs, the workshops have provided children with tools to process their emotions and experiences. The participation and positive feedback from both children and caregivers highlight the effectiveness of these workshops in fostering resilience, empathy, and understanding.

The Peace of Mind Foundation's support has enabled the War Childhood Museum to make a lasting impact on the lives of children and their caregivers, aiding them in navigating the challenges they face as a result of the war.

# Relieve the stress and trauma of Afghan refugee children in Pakistan

Implemented by Youth Association for Development (May 2023 - July 2024)

The situation for Afghan refugees in Pakistan, particularly children, is dire, as they face significant mental health issues due to hostilities and migration-related challenges.

Since 2021, Afghans have endured multiple stressors both before and during their resettlement journey, including witnessing or experiencing violence and social disruption. Afghan children, in particular, suffer from severe psychological impacts such as PTSD, depression, anxiety, and panic attacks. They exhibit symptoms like intense emotional distress, behavioral changes, difficulties with self-regulation, and academic challenges. The stigma, discrimination, and language barriers they face further hinder their access to essential services.

To address these critical needs, the Youth Association for Development (YAD) made significant strides in 2023 towards supporting Afghan refugee children in Quetta through trauma art therapy and fostering social cohesion within the community. The project, designed to alleviate trauma and enhance well-being through artistic expression, reached notable milestones during this reporting period.

YAD focused its efforts on implementing trauma art therapy classes across eight partner schools. Managed by a team of art therapists, psychologists, and shadow art-therapists, these sessions were structured to deliver three 60-minute sessions per week. The curriculum covered a wide range of topics, including art therapy techniques, trauma recovery, creative expression, and psychological well-being, all facilitated through a comprehensive manual and toolkit developed specifically for this purpose.



A crucial aspect of the project's success was providing necessary stationery and art materials to 446 children across these schools, ensuring active participation and fostering creativity among the students. This initiative supported the therapeutic process and contributed to the overall educational experience by providing essential tools such as pencils, erasers, notebooks, and various art supplies.

Additionally, YAD organized impactful youth engagement sessions focused on trauma art therapy and social cohesion. These sessions, led by the established Trauma Art Therapists Group, psychologists, and peace-building experts, aimed to strengthen resilience among Afghan refugee and host community youth. By providing a platform for open dialogue and mutual support, these sessions promoted intercultural understanding and peaceful coexistence within the community.

The project's achievements in 2023 underscore its commitment to the holistic development and psychosocial support of vulnerable children affected by conflict and displacement. By combining artistic expression with targeted psychological interventions, YAD not only addressed immediate trauma-related challenges but also laid the groundwork for long-term resilience and community cohesion among Afghan refugee and host communities in Quetta.

PoM's support for the project in 2023 exemplifies its dedication to enhancing the well-being of Afghan refugee children through innovative and culturally sensitive approaches, making a meaningful impact on their lives and fostering a more inclusive and supportive community environment.

# Looking ahead



As we reflect on our achievements in 2023, PoM is immensely proud of the impact we have made.

Beyond the number of children we have reached, we value the strong partnerships we have established, the knowledge and expertise we have gained, and the enthusiasm sparked by our projects. These accomplishments lay a strong foundation for our future endeavors.

In 2024, PoM aims to expand its services to reach even more children facing adversity. We plan to enhance our networks and partnerships, deepen our understanding of trauma healing and MHPSS, and contribute actively to the global discourse on these critical issues. Our objectives also include inspiring others to join this important work and continuing the impactful initiatives we launched in 2023.

PoM will continue leveraging its resources to identify and support those in need, with a particular focus on children affected by war, violence, and displacement. Our priority will be funding projects in active crisis and displacement settings, ensuring that resources are directed where they are most needed.

In response to the high demand for MHPSS activities and the often limited resources available, we plan to develop a dedicated Fundraising Strategy. This strategy aims to increase our income, enabling us to scale our activities and better meet the growing needs of vulnerable populations.



We foresee significant opportunities in 2024 to collaborate more closely with national and local governments. By increasing awareness of mental health issues, we can align our project activities with national mental health action plans, where they exist. This alignment will enhance the sustainability, visibility and impact of our efforts.

PoM also seeks to deepen its engagement with the global MHPSS community. We plan to participate actively in forums such as the MHPSS Reference Group of the Inter-Agency Standing Committee (IASC) and other networks like the Inter-Agency Network for Education in Emergencies (INEE). These collaborations will allow us to share insights, learn from others, and contribute to the global exchange of knowledge and best practices.

Looking ahead, PoM plans to:

- Expand its reach to additional conflict-affected regions.
- Increase the number of children served through strategic partnerships and expanded programs.
- Develop new initiatives to further integrate arts-based therapies into our support framework, recognizing the transformative power of creative expression in healing.

As we move forward, we remain committed to supporting children affected by war, violence, and displacement. Our dedication to this mission drives us to continuously improve and expand our efforts, ensuring that every child has the opportunity to heal and thrive. We are excited about the year ahead and the opportunities it presents to make a meaningful difference in the lives of the most vulnerable.



# Get involved



At the Peace of Mind Foundation (PoM), we believe that everyone can play a role in supporting children and improving access to mental health care. Your involvement can make a tangible difference in their lives, helping to provide the mental health support and psychosocial services they desperately need. We invite you to join us in our mission to bring hope and healing to vulnerable children around the world.

## How to get involved?

### Donate:

Your financial contributions are crucial in enabling us to continue our work. Donations can be made easily through our [website](https://www.peaceofmindfoundation.org). Visit our website at [www.peaceofmindfoundation.org/donate/](https://www.peaceofmindfoundation.org/donate/) and click on the "Donate" button. You can choose to make a one-time contribution or set up a recurring donation.

For contributions from the US., kindly donate via [American Friends of Peace of Mind Foundation](https://www.peaceofmindfoundation.org) at the Myriad USA. Because Myriad is a public charity, within the meaning of Sections 501(c)(3) and 509(a)(1) of the IRC, donors may claim the maximum tax benefits allowed by U.S. tax law for their contributions.

Bank Transfer: For those who prefer to donate via bank transfer, please contact us for our banking details.

We are proud to assure you that 100% of your donation will go directly to our partners on the ground. PoM will not use any donations for our operational costs. This commitment ensures that your generosity has the maximum impact on the children and communities we support. You are also welcome to reach out to us to learn more about our projects and decide which project in which country you would like to support.



## Volunteer

We are always looking for passionate individuals to join our cause. Volunteering with PoM provides a unique opportunity to contribute your skills and time to support our projects and initiatives and to learn more about MHPSS. Whether you're interested in helping with fundraising, project management, communications, or directly supporting our partners, there are many ways to get involved and make a difference.

Join us in making a difference. Together, we can support the mental health and well-being of children facing unimaginable challenges, helping them to heal and build a brighter future. Your support is invaluable, and we thank you for your generosity and commitment. Thank you for taking the time to read our annual report, we appreciate it.



For more information on how to get involved, please contact us:

Email: [info@peaceofmind-foundation.org](mailto:info@peaceofmind-foundation.org)

Phone: +41 (0)794729030

Mailing Address:

Peace of Mind Foundation  
Chemin du Pre-Langard 4  
1233 Cologny  
Switzerland

# Financial overview



# Grants

Donations Granted in 2023:



**Gaza (EUR 50,000)**  
War Child Holland



**UK (GBP 50,000)**  
Enthum Foundation



**Yemen (GBP 5,983)**  
Action for Child Trauma



**Pakistan (EUR 70,000)**  
Youth Association for  
Development

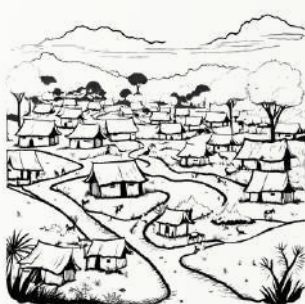


**Ukraine (EUR 40,714)**  
National  
Psychotrauma Centre  
(ARQ)

Total  
amount of  
grants: ca.  
CHF 415,810



**Ukraine (EUR 20,000)**  
War Childhood  
Museum Foundation



**Central African Republic  
(GBP 145,954)**  
War Child UK



## Balance Sheet as of December 31, 2023

### Assets:

- Bank: CHF 888,082
- Total Current Assets: CHF 888,082
- Total Assets: CHF 888,082

### Liabilities:

- Accrued Liabilities: CHF 6,700
- Total Liabilities: CHF 6,700

### Equity:

- Initial Capital: CHF 50,000
- Retained Earnings: CHF 412,630
- Profit for the Year: CHF 418,752
- Total Equity: CHF 881,382
- Total Liabilities and Equity: CHF 888,082

## Income Statement for the Year Ended December 31, 2023

### Income:

- Donations Received: CHF 932,097

## Expenses:

- Donations Granted: CHF 408,712
- Accounting Fees: CHF 9,990
- Legal Fees: CHF 1,078
- Supervisory Authority Fees: CHF 1,200
- Miscellaneous Costs: CHF 2,398
- Other Operating Expenses: CHF 14,666

### Financial Expenses:

- Bank Fees: CHF 202
- Exchange Losses: CHF 103,788
- Total Financial Expenses: CHF 103,990

### Exceptional Income:

- Reversal of Previous Year's Provisions: CHF 14,023



## Notes:

1. **Foundation Purpose:** To provide mental health assistance, especially to children affected by war, violence, conflicts, forced displacement, or other traumatic experiences.
2. **Organization:** The foundation is governed by a board consisting of at least three members. Current members as of December 31, 2023:
  - Mrs. Zoric Lea (Germany)
  - Mr. Riley Nicholas Calverley (Great Britain)
  - Mrs. Zuri Afrodet (USA)
3. **Remuneration:** No compensation was paid to the board members in 2023.
4. **Liabilities Details:** Include audit fees (CHF 4,000), accounting fees (CHF 1,500), and federal department fees (CHF 1,200).
5. **Foundation's Capital:** CHF 50,000 at establishment.
6. **Tax Status:** The foundation is tax-exempt as of July 1, 2022.
7. **Employees:** The foundation had less than 10 full-time employees on average in 2023.

No significant events occurred after the balance sheet date. There are no pending requests from the supervisory authority.

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