
Womens Support and Self Esteem Groups

Best Practices Proposal – Menedék Hungarian Association for Migrants

Topic: Women's Support

Summary:

The [power to change model](#) is developed collaboratively by 5 feminist European organizations. The model consists of practical (methodological) and organizational frameworks for women's support groups with the aims of enhancing women's safety for intimate partner violence (preventive and interventive measures), building self-esteem, and providing age-relevant information. These 'closed' (exclusive to a certain number of women) groups also serve the purpose of building a community of women that is able to use the help of other survivors amongst themselves facing domestic violence. Menedék is adapting the model to migrant women - taking into account the specificities of their lives, cultural and domestic circumstances. There are two groups by age: girls' club (adolescent girls) and women's group (adult women)

In addition to these groups, Menedék organizes leisurely activities for women only that are open to anyone from the organization and serves the purpose of strengthening the relationship between women from different cultures and offer free time activities outside of daily duties. Such activities are yoga lessons, trips, etc.

Impact & Achievements:

- Started this program Summer 2025
- Women are free to talk about themselves, their feeling, their relationships, their difficulties, their bodies - and find acceptance and validation
- receive age-relevant information on women's health and respectful relationships
- Adaptation of a professionally developed and already established model of a women's support system
- Established women only English and Hungarian classes

Key Words:



Self-Esteem

Support

Women

Empowerment

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