



MAYAVAKFI

# 2024

## ANNUAL REPORT

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# PREFACE

Each day, thousands of children in different geographies all around the world are exposed to traumas of various dimensions due to conflicts, war, migration, violence or environmental crises. Most of the children struggle with these traumas in later periods of their lives. Regardless of the society and conditions they were born into, we believe that all children have the right to grow up as healthy individuals, to be supported and to be caregivers who will raise healthy individuals.

Maya Vakfı, which started its journey in 2015 with the dream of “a society consisting of individuals who have had a free, safe and productive childhood”, has supported more than 20.000 children and young people in its mental health and psychosocial support-focused work in the past decade. To pursue this ideal, we know that all children deserve to live in accordance with dignity and dream about the future with hope. For this reason, we have dedicated ourselves to helping children to reveal their potential in the best way possible. In line with this dedication, we have undertaken many projects in 2024 considering this mission of Maya Vakfı, therefore we worked to raise awareness in the lives of thousands of children and young people.

The year 2024 that we left behind was a year in which we all needed to rekindle our hopes for the future after 2023. The earthquakes of magnitude 7.7 and 7.6 that occurred in 2023, centered in Kahramanmaraş and affecting 11 provinces, deeply shook our country and caused the deaths of many citizens. After the earthquake, as Maya Vakfı, we first started acute, then midterm and long-term work in the region. In the context of this collective trauma that we experienced, as the Maya Vakfı, we carried out psychological first aid activities in Hatay, Kahramanmaraş and Şanlıurfa from the first moments of the earthquake with our belief in the power of solidarity after our losses. In 2024, we continued our midterm intervention activities in Adıyaman, Hatay and Şanlıurfa. Within this scope, we reached thousands of children and parents between the ages of 3-24 with mental health and psychosocial support and child protection activities. While focusing on the well-being of individuals who have experienced this traumatic experience, we have also carried out support activities for public and civil society employees who are likely to experience or have experienced secondary trauma in various parts of Türkiye.

The year 2023 and the earthquake disaster we experienced have once again shown us the power of being together, cooperation and solidarity in 2024. With the sacrifices of our team members who worked in the field studies in Adıyaman, Şanlıurfa and Hatay regions, and the devoted work of the Istanbul Head Office and Balat Children and Youth Center field office employees, we completed this year in a way that will bring the highest benefit to the communities we serve.

In 2025 we aim to continue our rights-based work that is sensitive to children's rights, respects all cultures and differences, and focuses on protecting human dignity considering our values. While continuing our work, we care about being transparent and accountable. For this reason, we present you with this annual report summarizing our activities in 2024.

We wish to keep the hopes of children and young people alive!

Maya Vakfı Team



MAYAVAKFI

# A LOOK AT 2024

### 1.1. Geographical Places of Implementation

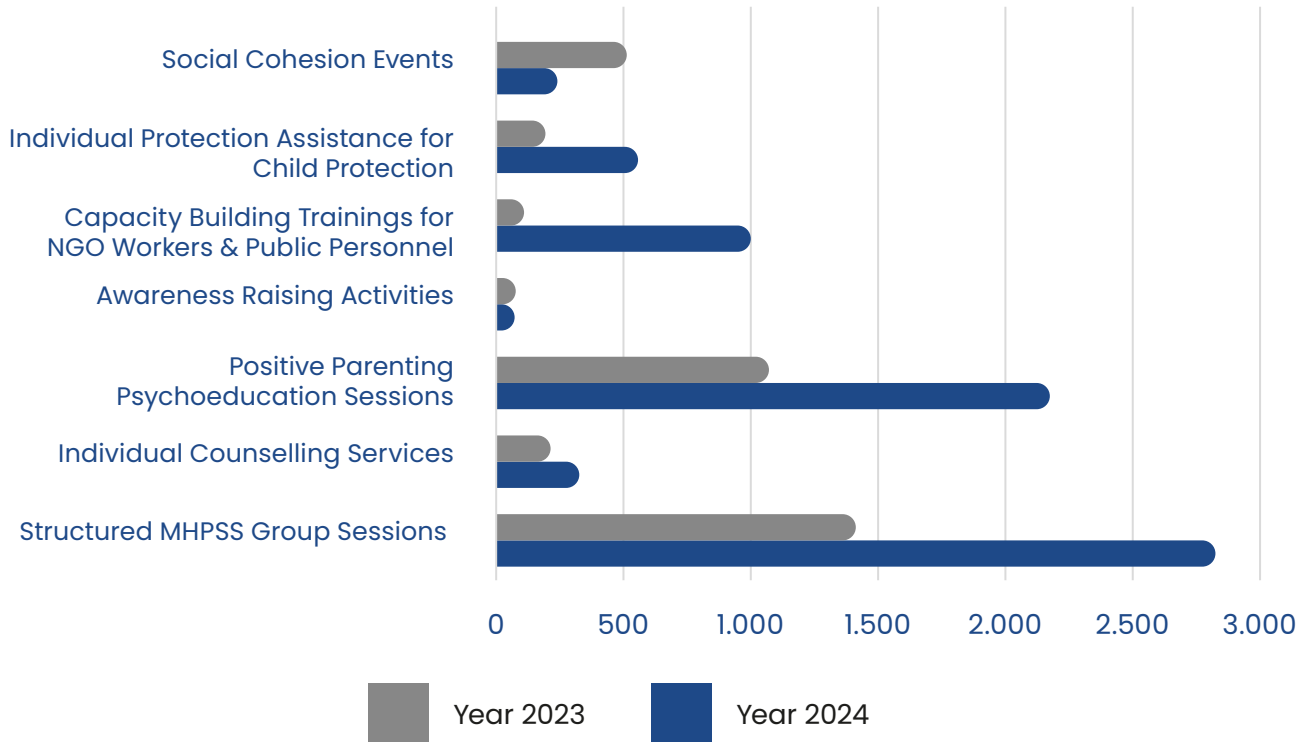
- Adıyaman
- Hatay
- İstanbul
- Şanlıurfa

### 1.2. A Glimpse of 2024

As in previous years, Maya Vakfı continued to focus on children and youth in 2024. Child Protection (CP) & Mental Health and Psychosocial Support Program (MHPSS) and Capacity Building Programs were implemented with an approach focused on children, youth and caregivers. Unlike other years, Maya Vakfı also implemented the Early Childhood Development Program in 2024. Thus, the Foundation's target age group expanded to 3-24, and a more holistic and inclusive approach was developed in the journey of strengthening communities. In this context, 2024 was completed with a series of activities and training for Maya Vakfı in four provinces, including children, youth, caregivers, civil society and public employees, and educators. Maya Vakfı's commitment to supporting child and youth-focused psychological well-being includes not only supporting individuals who have been exposed to traumatic experiences but also fostering an environment conducive to social growth and progress.

Activities	2024	Indicator	Beneficiaries
Structured MHPSS Group Sessions	2.845	Person	Children aged 3-14
Individual Counselling Services	324	Person	Children, youth, adults, families and, caregivers
Positive Parenting and Psychoeducation Sessions	2.186	Person	Caregivers
Awareness raising sessions	66	Person	Young people aged 15-24
Capacity Strengthening Trainings	1.009	Person	NGO workers, public personnel
Individual Protection Assistance for Child Protection	558	Person	Children aged 3-17
Social Cohesion Events	237	Person	Children and caregivers

### Total Number of People Reached With Activities in The Years 2023 and 2024



Graph 1: Number of people reached within the scope of activities by year

### 1.3. Resources and Financial Balance

Maya Vakfı aims to make the best use of its financial resources and to ensure that most of the funds directly contribute to the implementation of effective projects and programs. In light of the child and youth-focused mission it has pursued since its establishment, Maya Vakfı expresses its endless gratitude to all its supporters who ensure the efficient use of resources and the fulfillment of its mission.

### 1.3.1. Resources and Financial Balance

	Amount (TRY)	Percentage
Individual Donations	661.956,97	%3,01229
Corporate Donations	6.575.264,00	%29,9211
Funds/Grants	14.738.067,76	%67,0665
In-kind Donations	0.00	%0
Other	0.00	%0
<b>Total</b>	<b>21.975.288,57</b>	<b>100%</b>

### 1.3.2. Distribution of Expenses

Category of Expense	Amount (TRY)	Percentage
General Administrative Expenses	4.282.600,90	%18,8180
Projects and Programs	18.475.300,57	%81,1819
<b>TOTAL</b>	<b>22.757.901,47</b>	<b>100%</b>





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# GENERAL INFORMATIONS



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## 2 – GENERAL INFORMATION

### 2.1. Mission and Vision

#### 2.1.1. Our Mission

We work to improve the quality of life for children and youth aged 3-24 and to improve their ability to reach their real potential.



#### 2.1.2. Our Vision

We envision a society of healthy individuals who have experienced a free, secure, and productive childhood.



## 2.2. Organizational Structure of Maya Vakfı

### 2.2.1. Board of Trustees

Emine Esra Özsüer	Founding President
Ali Nuri Özsüer	Member
İlyas Cem Özsüer	Member
Senem Sadıklar Akten	President
Celile Ceyda Bacınoğlu	Member
İmre Gül Gençer	Member
Leyla Akca	Member

### 2.2.2. Board of Directors

Senem Sadıklar Akten	President
Fatma Aslan Hantal	Member
İbrahim Şahan	Member
Jale Özge Çolakoğlu	Member
Cevat Kerim Nişel	Member
Julide Ergin	Member

### 2.2.3. Academic Board

Assoc. Dr. Ahmet Tamer Aker	Dr. İrem Akduman Akın
Assoc. Dr. Işık Karakaya	Dr. Serap Altekin
Prof. Dr. Murat Erdoğan	Bihter Yasemin Adalı
Assoc. Dr. Ceren Acartürk	Michele Haus Karahan
Assoc. Dr. Elif Akdağ Göçek	Leyla Akca

### 2.2.4. Organizational Structure

Programs and Operation teams that supports the effective and efficient implementation of all activities are at the core of the Maya Vakfı. The Maya Vakfı team consists of the Operations and Programs coordination team based in HQ in İstanbul, as well as field staff working in our field offices in İstanbul/Balat, Şanlıurfa, Hatay, and as mobile in Adıyaman. The collective efforts of this team aim not only to continue the Foundation's activities, but also to elevate them, ensuring a positive and lasting social impact.

#### 2.2.4.1. Demography of Maya Vakfı

Under the leadership of its founding president Esra Özsüer, Maya Vakfı stands out with the number of women employees at management, program and operational levels.

As of 2024, the Maya Vakfı family will consist of 40 team members, each contributing their unique skills and passions to our shared mission. The diversity of our team is a testament to our inclusive values and commitment to equal opportunity. 65% of our team is made up of women, while 35% are men.

#### 2.2.4.2. Performance Management System

Maya Vakfı evolved its approach to performance management, aiming to cultivate a culture of excellence that aligns with the foundation's overarching mission and vision. The introduction of a comprehensive 360-degree performance evaluation system marked a pivotal moment in our commitment to organizational growth.

##### **Key Features of the Performance Management Process:**

**1 - Holistic Evaluation:** The 360-degree performance evaluation system embraced by Maya Vakfı provides a panoramic view of individual and team contributions. This approach goes beyond traditional assessments, considering input from peers, supervisors, and self-evaluations.

**2 - Alignment with Mission and Vision:** Every facet of the performance management process is meticulously designed to resonate with Maya Vakfı's mission and vision. Through this alignment, each employee's efforts contribute directly to the realization of the foundation's goals, fostering a sense of purpose and shared commitment.

**3 - Goal Setting and Development:** Empowering our employees to set individual goals and identify areas for development, the system becomes a catalyst for continuous learning and growth. It is a dynamic tool that encourages proactive engagement, turning every challenge into an opportunity for improvement.

**4 - Enhanced Service Delivery:** The strategic integration of the performance management system has fortified Maya Vakfı's capacity to deliver support services to young people and children with heightened effectiveness and efficiency. This translates into a more significant and positive impact on the lives of those we serve.

**5 – Resilience and Motivation:** By focusing on individual achievements and fostering a culture of lifelong learning, the performance management enhancements have contributed to the cultivation of a resilient and motivated team. Maya Vakfi recognizes that a motivated team is better equipped to overcome challenges and drive sustained positive change.

### **2.3. Skills for Psychological Recovery (SPR) and Creative Art Therapies for Maya Vakfi**

The Mental Health and Psychosocial Support (MHPSS) Program was developed by Maya Vakfi based on a decade of field experience in disasters, emergencies and crises, as well as in-depth research into the literature on trauma, coping with trauma, and traumatic stress. Within the scope of the MHPSS Program, Maya Vakfi created its unique clinical intervention method, the ProjectLift Model, by integrating Skills for Psychological Recovery (SPR) with creative arts therapy. As the first organization to combine SPR with creative arts therapy, the Foundation aims to support individuals' psychological well-being through the transformative power of art in coping with the effects of traumatic experiences. ProjectLift stands out as a flexible implementation model that can be adapted to different field settings and utilized across various activities. Maya Vakfi's application of this model provides especially disadvantaged children with the necessary tools to cope with diverse traumatic experiences and to build resilience. Creative arts therapy methods help individuals express themselves, regulate their emotions, enhance their coping skills, and create a sense of control over their lives. For this reason, ProjectLift, as a unique mental health and psychosocial support approach, has been successfully implemented in field settings. With this approach, the Foundation aims to transform traumatic experiences and support individuals' psychological well-being. Guided by the belief that all individuals have the right to a dignified and just life and deserve to carry hope for the future, Maya Vakfi supports children and young people aged 3 to 24 in realizing their potential, expressing themselves freely, and enhancing their creativity and productivity through the power of creative thinking—contributing to their mental, physical, and academic development.

**The techniques and principles of SPR (Skills for Psychological Recovery) are based on four core components;**

1. It is aligned with research evidence on post-trauma risk and resilience,
2. It is practical and applicable in field settings,
3. It is suitable for all developmental levels,
4. It is culturally sensitive.

This model is a skill-building approach designed to accelerate recovery and enhance self-efficacy by helping individuals affected by trauma regain a sense of control and competence.

In this context, SPR consists of five core modules: Encouraging Positive Activities, Managing Reactions, Developing Problem-Solving Skills, Promoting Helpful Thinking, and Rebuilding Healthy Social Connections.

Maya Vakfı's mental health professionals design activities tailored to each group by selecting SPR skills that meet the specific needs of the target population. The integration of evidence-based psychological methods with artistic tools in this way offers a personalized and effective therapeutic experience. Maya Foundation is committed to empowering individuals on their journey toward psychological well-being and pioneering innovative approaches in the field. The combination of SPR with creative arts therapy for the first time stands as a testament to our dedication to providing holistic and culturally sensitive support for those affected by traumatic experiences.

## **2.4. PROGRAMS**

### **2.4.1. Child Protection and Mental Health and Psychosocial Support Program**

The Child Protection and Mental Health and Psychosocial Support (CP&MHPSS) Program, launched by Maya Vakfı in 2015, is the organization's core pillar of work. Since its inception, significant steps have been taken in the development of the CP&MHPSS Program. Initially launched in Istanbul, the program has strategically expanded to Şanlıurfa, Hatay, and Adıyaman, with the aim of providing support to all those in need.

#### **Istanbul**

The Balat Child and Youth Center was established in 2017 in the Fatih district of Istanbul, an area that experienced a population increase following refugee settlements after 2012. This center serves individuals aged 5 to 24 who have been exposed to trauma, as well as their caregivers. With the support of numerous national and international donors, Maya Vakfı continues to implement structured art-based group sessions at the Balat Child and Youth Center. The center adapts its approach to the varying needs and socio-cultural requirements of different age groups. Visual arts-based activities (such as drawing and painting) are preferred for children aged 5–14, while for individuals aged 15 and above, a therapeutic approach based on photography and cinema is employed. This ensures that services reach the most appropriate beneficiary group with maximum benefit.

In 2024, the art-based group sessions at the Balat Child and Youth Center were conducted under the scope of "Therapeutic Intervention through Cinema," with a total of 21 sessions held throughout the year involving children aged 6–14, most of whom were of Syrian origin. These sessions aimed to support children in expressing their emotions within the safe space created by art, to foster healthy social relationships, enhance self-awareness, and develop coping skills.



Within the scope of the activities conducted at the Balat Child and Youth Center, partnerships were established with the Istanbul Provincial Directorate of Family and Social Services, Istanbul Metropolitan Municipality, Avcılar Municipality, and Fatih Nişancı Mehmetpaşa Primary School. Through these collaborations, psychosocial support sessions, parenting sessions, and awareness-raising sessions were conducted.

During psychosocial support sessions, art therapy-based activities were used to support self-awareness, self-expression, social connections, identifying emotions, individual needs, positive self-perception, and the ability to hope. In parenting sessions, the focus was on developmental stages of childhood, positive parenting, and self-awareness skills. In awareness-raising sessions, art therapy-based activities were used to address peer bullying and children's rights.

In 2024, Balat Children and Youth Center was visited by **338** beneficiaries, and **2,308** people benefited directly or indirectly from the center's activities. Between 2017 and 2024, the total number of individuals who benefited directly or indirectly from the center's activities was recorded as **107,599**.



## Şanlıurfa

Within the framework of a protocol signed with the Şanlıurfa Metropolitan Municipality, Maya Vakfı expanded its mental health and psychosocial support services in the region with the establishment of Şanlıurfa Field Office in 2018. Continuing its operations through collaborations with various institutions in the region, Maya Vakfı has increased its beneficiary outreach each year through a range of activities.

Focusing on children and youth who have been exposed to traumatic experiences for various reasons, Maya Vakfı continued its operations in 2024 with a focus on the psychological well-being of children, conducting art-based psychosocial support group sessions, individual counselling sessions, social cohesion activities, protection services, and positive parenting sessions.

With the recent developed partnerships, the Maya Vakfı Community Center has begun operating in the same building as the Metropolitan Municipality's Migration and Cohesion Coordination Center.

In 2024, under the collaboration between Maya Vakfı and the Şanlıurfa Metropolitan Municipality, various activities were conducted at youth centers and community centers across different districts of Şanlıurfa. Art-based awareness-raising sessions were organized to enhance participants' awareness on topics such as bullying, privacy, social cohesion, and positive parenting. Additionally, various social activities were conducted to strengthen parent-child communication. Throughout the year, capacity-building trainings were also provided for municipal staff and field workers.

In 2024, Maya Vakfı Şanlıurfa Community Center was visited by **2,491** beneficiaries. A total of **18,282** individuals benefited directly or indirectly from the center's activities. Among these beneficiaries, 32% were municipal or field staff who participated in capacity-building trainings, while 47% were children.



## Hatay

Maya Vakfı's Hatay Field Office was established following the earthquakes in Kahramanmaraş on February 6, 2023, in response to the need for sustainable mental health and psychosocial support services in the region. Immediately after the earthquakes, Maya Vakfı initiated acute phase interventions in Hatay. Between 2023 and 2024, the foundation reached a total of **11,933** individuals directly and indirectly through its initial acute and subsequent mid-term earthquake response efforts.

Integrating the approach adopted in Istanbul and Şanlıurfa into its implementation in Hatay, Maya Vakfı aims to transform traumatic experiences through the utilizing the healing power of art. The Foundation's practical experience in using art as a therapeutic tool has contributed to enhancing the coping skills of children and parents affected by the earthquakes in Hatay.

In 2024, alongside its child protection and mental health and psychosocial support programs, Maya Vakfı implemented a capacity-building program in Hatay and organized trainings for field workers exposed to secondary trauma.

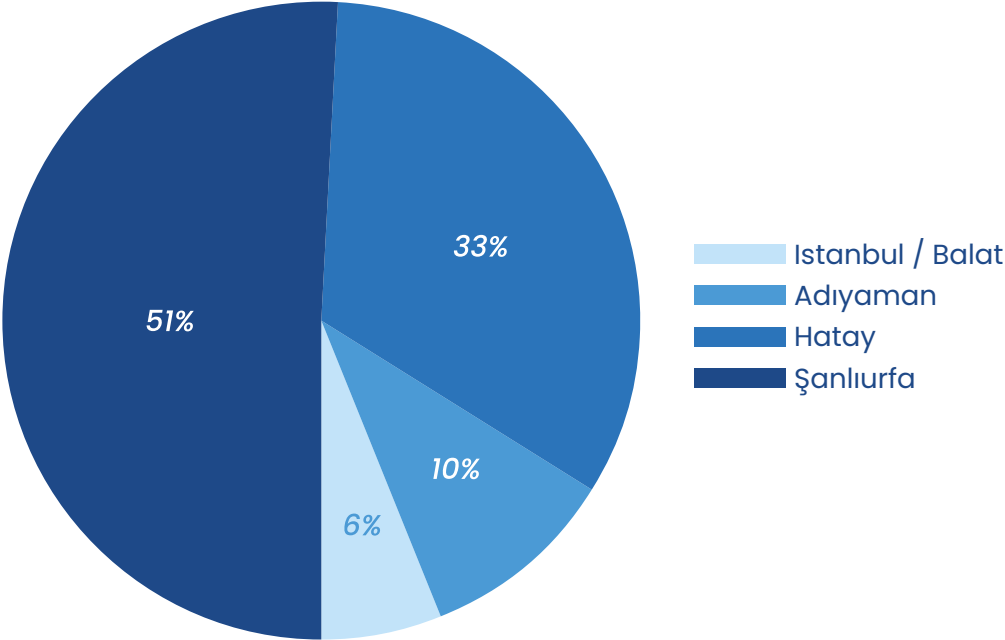


## Adıyaman

Following the earthquakes centered in Kahramanmaraş on February 6, 2023, Maya Vakfı launched its child protection and mental health and psychosocial support program in Adıyaman. The primary goal of the activities conducted in Adıyaman is to support the post-traumatic recovery processes of children and youth living in the region. In 2024, a total of **3,519** individuals were directly and indirectly supported through in-kind assistance addressing basic needs under the scope of child protection, as well as psychosocial support services. All activities in Adıyaman are conducted with the coordination of the Ministry of Family and Social Services.

During the midterm response in Adıyaman, Maya Vakfı recognized the psychosocial needs of children in early childhood and launched a new project focused on children aged 3 to 7.

**Play2Rise** model, the project aims to support the social-emotional development and psychological well-being of young children through puppet-assisted play therapy. Additionally, it seeks to strengthen positive parenting skills among caregivers and enhance the resilience of children in crisis-affected environments.



Graph 3: Showing all areas of activity of Maya Vakfı in 2024 in terms of beneficiaries who benefit directly or indirectly from the services



## Monitoring and Evaluation of MHPSS&CP Program

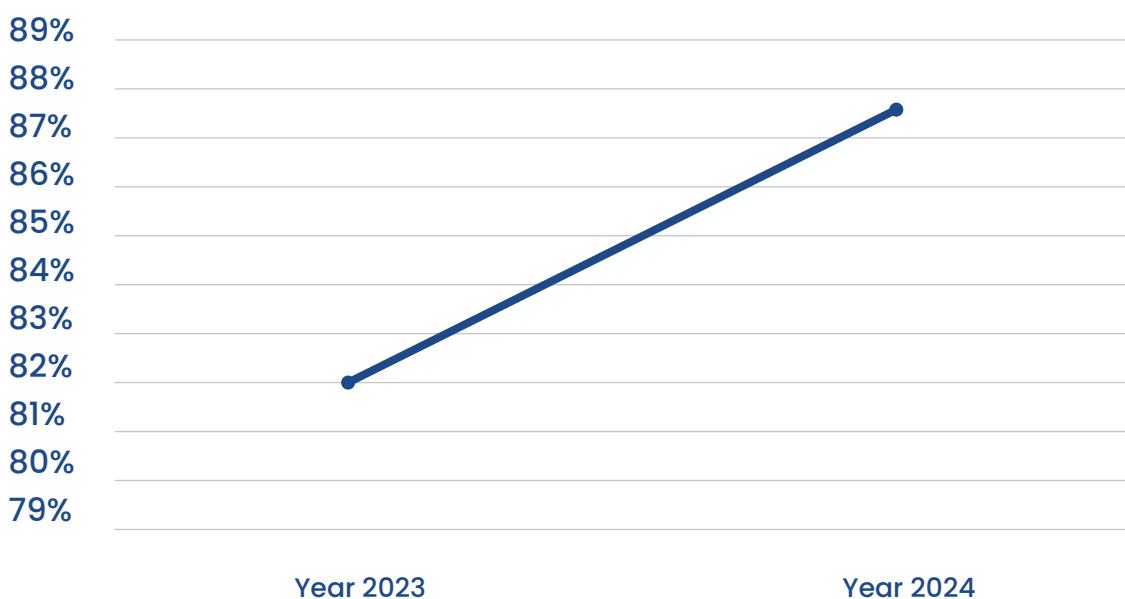
Maya Vakfı is committed to ensuring the effectiveness of the MHPSS& CP Program through a robust Monitoring and Evaluation process. In this way, the rights of individuals and the security of their data are ensured considering ethical boundaries of research.

### The basic components of the Monitoring and Evaluation process are as follows:

**Informed Consent:** Every beneficiary who benefits from Maya Vakfı services has a transparent and carefully monitored process. For individuals to benefit from Maya Vakfı services, informed consent forms must be submitted and filled out by beneficiaries. This process includes ensuring transparency and respecting individual rights.

**Pre- and Post-Tests:** The well-being of individuals participating in structured group sessions conducted by Maya Vakfı is measured through pre- and post-tests. These evaluations focus particularly on changes observed after attending structured group activities and provide concrete outputs about the impact of the program. Maya Vakfı observed a total increase of 87.6% in the well-being of children in all service regions in 2024. This measurable success underlines the effectiveness of the program in promoting positive changes in the lives of those it serves. To make the measurement and evaluation process reliable, tools that have been tested for validity and reliability in Türkiye and in equivalent countries are used.

### Changing in Well - being By Years



Graph 2: Changing in well-being by years 2023 and 2024

**Satisfaction Surveys:** In order to obtain feedback on Maya Vakfı's services, satisfaction surveys are conducted with participants after each group session. Through these surveys, the Foundation aims to develop new services and improve existing services by considering the changing needs and preferences of their beneficiaries.

**Ethical Data Processing and Compliance:** Maya Vakfı prioritizes the protection of personal data at every stage of monitoring and evaluation. The Foundation operates in accordance with the provisions of Law No. 6698 on the Protection of Personal Data and ensures the protection of each participant's individual privacy and rights with its commitment to careful monitoring and ethical data processing.

### **2.4.2. Education Program**

Since 2016, Maya Vakfı has been providing support to children, teachers, school administrators, and caregivers/parents in schools in Istanbul and Şanlıurfa within the framework of a protocol signed with the Ministry of National Education. Under the umbrella of its Education Program, the Foundation works on two main projects: "Trauma-Informed Schools" and "Social Cohesion Through Education." The content of these projects is revised regularly to respond to evolving needs.

### **2.4.3. Capacity Building Program**

Through its Capacity Building Program, Maya Vakfı aims to enhance the knowledge of trauma informed approach and strengthen psychosocial support capacities, particularly among NGO workers and public personnel, as well as staff from national and international institutions. The program, which began in August 2017 in collaboration with the Southeastern Anatolia Project (GAP) Administration, is currently being implemented across Turkey in partnership with the Ministry of Family and Social Services, as well as the Metropolitan Municipalities of Istanbul and Şanlıurfa. In 2023, following the earthquakes, the Foundation initiated a program targeting field workers affected by secondary trauma. In 2024, it continued its efforts with field workers and public personnel in Hatay and Şanlıurfa. This year, a series of trainings were organized in collaboration with various public institutions and NGO's, including the Şanlıurfa Metropolitan Municipality. These trainings focused on topics such as psychological resilience, self-care, and anger management for field workers. Recognizing the risks of burnout and secondary traumatic stress that arise from prolonged exposure to traumatic events and intense emotional labor, the sessions aimed to strengthen the psychological resilience of participants. This support is crucial not only for maintaining their service delivery capacity in the face of increased demand post-disaster but also for promoting self-care and resilience strategies within the communities they serve. Self-care sessions play a key role in improving workers' well-being and mitigate the effects of burnout and secondary trauma.



In 2024, a total of **1,009** individuals participated in these trainings in Hatay and Şanlıurfa. By the end of the program, participant satisfaction with the training was recorded at **93%**.

#### **2.4.4. Disaster and Emergency Response Program**

Through its Disaster and Emergency Response Program, Maya Vakfı provides immediate intervention during times of crisis. The Foundation has been at the forefront of emergency response and relief efforts following various disasters, including the 2020 Elazığ Earthquake, the COVID-19 Pandemic, the 2020 İzmir Earthquake, the 2021 Muğla Wildfires, and the 2023 Kahramanmaraş Earthquakes.

Following the February 6, 2023 earthquake—which affected 11 provinces—Maya Vakfı promptly initiated emergency response activities. From August 2023 to October 2024, mid-term intervention efforts were launched. During this period, the Foundation implemented structured, art-based group activities, individual counselling sessions, positive parenting sessions, and capacity building activities in parallel with its Child Protection & Mental Health and Psychosocial Support Program. The primary aim of this comprehensive and sustained response from the acute phase onward was to help individuals regain a sense of control that was lost in the aftermath of the disaster.

In 2024, a total of **47,703** individuals were reached directly or indirectly through the Disaster and Emergency Program. Of those who benefited from the services, **56%** were children, while **44%** were caregivers and adults. Most activities in 2024 focused on the mid-term intervention phase. In Adıyaman, the program was implemented in the districts of Besni, Çelikhan, Gölbaşı, and Merkez, while in Hatay, activities were concentrated in Kırıkhan, Samandağ, and Antakya. Structured, art-based group sessions in Adıyaman led to a **91%** increase in children's well-being, while children participating in the Hatay activities showed an **89%** improvement in well-being. In Şanlıurfa, where the program also extended its reach, an **82%** improvement in children's well-being was observed. In addition to child-focused sessions, positive parenting and psychoeducation sessions involving parents and caregivers are ongoing in Şanlıurfa and Hatay, supporting a holistic model of care that addresses the psychological well-being of the entire family. Furthermore, individual counselling sessions, conducted either in-person or online, continue for beneficiaries in need of further intervention.

As part of the Disaster and Emergency Response Program in 2024, individual protection assistance was also provided in Adıyaman, Hatay, and Şanlıurfa to meet basic needs such as food, hygiene, and medical aid. A total of **3,906** individuals benefited from this assistance.

## 2.5. NATIONAL AND INTERNATIONAL COLLABORATIONS

Maya Vakfı (Foundation) continued to build strategic partnerships and collaborations throughout 2024. It developed projects aligned with its mission by integrating innovative approaches, academic advancements, diverse experiences, and outcomes at both national and international levels.

### 2.5.1. Capacity and Knowledge-Oriented Collaborations

**1 - Danish Refugee Council (DRC):** The collaboration between Maya Vakfı (Foundation) and DRC has been ongoing since 2021. As one of DRC's strategic partners, Maya Vakfı (Foundation) participates not only in jointly implemented projects but also in capacity-building processes initiated by DRC for its partners. Over the past year, the foundation has taken part in various capacity development sessions/activities in the areas of Monitoring and Evaluation, Archiving, Grants, and Partnerships.

**2 - International Rescue Committee (IRC):** Initiated in 2023, the partnership between Maya Vakfı (Foundation) and IRC further deepened over the past year, with mutual capacity sharing activities focusing on protection, early childhood development, and safety. In September, Maya Vakfı (Foundation) hosted the IRC team at the Balat Child and Youth Center in Istanbul, where a workshop was held to enrich IRC's early childhood development project "Ahlan Simsim" with Maya's art therapy methodologies. This resulted in the development of a new early childhood project concept.

**3 - Columbia University:** Maya Vakfı (Foundation) collaborates with Columbia University on various initiatives. Through a partnership with Columbia Global Collaboratory and Columbia Global Center Istanbul, the foundation provided guidance to Columbia students in developing innovative, technology-based approaches in the field of Mental Health and Psychosocial Support. As a result, students contributed to three projects: Art Therapy Activity Deck Toolkit, Volunteer Engagement Virtual Environment for the Center for Learning at Maya Vakfı (Foundation), and Burnout Prevention App Design. Maya Vakfı (Foundation) supported the students by enhancing their awareness and capacity in post-trauma and disaster contexts. Furthermore, the foundation participated as a panelist in the "Rising From The Rubble" panel organized by Columbia Global Center Istanbul, sharing its work on post-trauma recovery.

**4 - stART International:** Continuing its collaboration in capacity development and knowledge exchange with stART International—also a member of the Alliance for Childhood European Network Group—Maya Vakfı (Foundation) maintains its focus on developing innovative project concepts in the humanitarian field.

**5 - Şanlıurfa Metropolitan Municipality:** Since the opening of its Şanlıurfa Field Office in 2018, Maya Vakfı (Foundation) has been providing mental health and psychosocial support services in the region. Through its long-standing collaboration with the Şanlıurfa Metropolitan Municipality and district municipalities, the foundation focuses on art-based activities to support the psychological well-being of children and youth exposed to traumatic experiences. These efforts also extend to parents, teachers, and field workers through art-based sessions. During these sessions, the foundation provides stationery and hygiene kits as needed. Activities conducted with the support of the municipality include art-based group psychosocial support sessions, individual counseling services, awareness-raising sessions, social cohesion events, protection services, positive parenting workshops, and capacity-building trainings. At the end of 2024, the foundation began operating from its new office within the Şanlıurfa Metropolitan Municipality's Community Center.

**6 - Şanlıurfa Provincial Directorate of Migration Management & Provincial Directorate of Youth and Sports:** Maya Vakfı Göç ve Uyum Daire Başkanlığı ve Gençlik ve Spor Daire başkanlığı ile iş birliği içinde çalışmalar yürütmektedir. Bu iş birlikleri sayesinde kırsalda bulunan gençlik merkezlerinde çocuklar ve gençlerle grup seansları ve ebeveynlere yönelik pozitif ebeveynlik oturumları gerçekleştirebilmektedir. Maya Vakfı düzenli oturumları dışında, Sanat Festivali, Müzede Anne-Çocuk Atölyesi, Seramik Atölyesi, Toplu İftar Yemeği gibi sosyal uyum etkinliklerini de bu iş birlikleri kapsamında gerçekleştirmiştir.

**7 - Disaster Platform (Afet Platformu):** Maya Vakfı (Foundation) is a supporting member of the Disaster Platform, a civil society network established after the Elazığ/Malatya earthquake in January 2020, aimed at promoting societal solidarity and inter-institutional collaboration to minimize disaster risks and impacts. Within this platform, the foundation participates in disaster drills, workshops, training, and seminars.

**8 - SGDD - ASAM:** In 2024, capacity sharing took place between the two organizations. Maya Vakfı (Foundation) included professionals from SGDD-ASAM to its training on Loss and Grief, while SGDD-ASAM trained Maya Vakfı (Foundation) field staff in Child Protection.

**9 - Hatay Governorship:** Following the Kahramanmaraş Earthquakes, Maya Vakfı (Foundation) established a permanent presence in Hatay, where it has been working uninterruptedly for over two years. With a permit granted by the Hatay Governorship, the foundation continues to deliver mental health, psychosocial support, and child protection services in the region.

**10 – Turkish Ministry of Family and Social Services:** Maya Vakfı (Foundation) has long maintained a close working relationship with the Ministry of Family and Social Services. It operates in each province with the Ministry’s approval and guidance. In addition, the foundation provides mental health and psychosocial support to children under state protection at Child Protection Sites in Istanbul (Çocuk Evleri Siteleri), which are affiliated with the Ministry.

**11– Istanbul Metropolitan Municipality (IMM) and District Municipalities (Şişli, Üsküdar, Ataşehir, Avcılar):** Maya Vakfı (Foundation) works in close collaboration with IMM and various district municipalities in Istanbul. Its activities are designed to engage both municipal staff and the local population. Through these partnerships, the foundation aims to provide psychosocial support in post-trauma processes, strengthen community resilience, and raise awareness on child rights, gender, and trauma. Within the scope of its protocol with IMM, the foundation operates in Neighborhood Houses (Mahalle Evleri), conducting programs that both enhance individual coping skills in times of crisis and support community-based solidarity.



## 2.5.2. Financial Collaborations

**1) Danish Refugee Council (DRC):** In 2024, Maya Vakfı (Foundation) implemented trauma-informed interventions in Şanlıurfa and Hatay, targeting refugee and host community children, their caregivers, and field workers affected by traumatic experiences such as earthquakes. Within this scope, the foundation organized structured group sessions for children, positive parenting sessions, individual counseling sessions, social cohesion activities, and well-being sessions for field workers.

**2) EMpower:** In 2024, Maya Vakfı (Foundation) continued its collaboration with EMpower in Istanbul. Within this partnership, the foundation worked at Neighborhood Houses (Mahalle Evleri) and Child Protection Sites (Çocuk Evleri Siteleri) to provide mental health and psychosocial support services to children under state protection. The project also included positive parenting and awareness-raising sessions.

**3) French Embassy:** With the support of the French Embassy, Maya Vakfı (Foundation) conducted play-based structured group sessions with children affected by the disaster and positive parenting sessions with caregivers in Hatay, Adıyaman, and Şanlıurfa in 2024.

**4) International Rescue Committee (IRC):** Maya Vakfı (Foundation) continued its disaster response project, initiated in 2023 with IRC, until the end of October 2024. Within the scope of the project, group sessions for children, positive parenting sessions for caregivers, and individual counseling sessions were held in Hatay, Şanlıurfa, and Adıyaman. The foundation also provided referrals and in-kind support services in child protection cases.

**5) Theirworld:** Over the past year, Maya Vakfı (Foundation), with the support of Theirworld, implemented mental health and psychosocial support sessions with children both in disaster-affected regions and in Istanbul. The foundation also carried out positive parenting sessions with caregivers and provided individual counseling support when needed.

**6) Turkish Philanthropy Funds (TPF):** The long-standing partnership between Maya Vakfı (Foundation) and TPF continued in 2024 with the support of a multi-stakeholder project involving the adaptation of the Shadow's Edge mobile application.

**7) Fondation de France:** One of the most innovative projects of 2024 was an early childhood development initiative launched in Adıyaman in partnership with Fondation de France. In this project, Maya Vakfı (Foundation) adapted a puppet-assisted play therapy model to field conditions for children aged 3–7, developing a new approach that includes both mother-child and group sessions. The project also provides individual counseling services and awareness-raising workshops.

**8) Silicon Valley Community Foundation, Giving Back Foundation, Digging Deep Project:** 2024, Maya Vakfi (Foundation) launched an exciting pilot project in Hatay, adapting the mobile application “Shadow’s Edge” into structured group sessions for children. Developed by the Digging Deep Project, Shadow’s Edge is a downloadable, offline-playable mobile app based on narrative therapy. Designed to help children express themselves, build coping skills, and make sense of difficult experiences, the app is used in conjunction with an activity workbook. The project also includes positive parenting sessions.

Maya Vakfi (Foundation) extends its sincere gratitude to all its collaboration partners, recognizing their vital role in the success and sustainability of the projects implemented throughout 2024.





MAYAVAKFI

# FUNDAMENTAL FIELDS OF WORK

### 3.1. Art Based Structured Group Sessions

Art-based structured group sessions are one of the core activities of the projects carried out under the Maya Vakfı Foundation. These sessions, as an important component of Mental Health and Psychosocial Support, aim to support individuals' psychological well-being by promoting skills such as building healthy social connections, problem-solving, and managing responses, based on the Psychological Recovery Skills (PRS) model.

Through these sessions, the goal is to enhance the ability of children aged 5-14 to cope with challenging experiences and increase their psychological resilience. In this way, it also contributes to the development of essential life skills for children and adolescents.



### 3.2. Individual Counselling Services

Maya Vakfı (Foundation), with its team of expert clinical psychologists, provides individual counseling services to children and adolescents aged 3-24, as well as other adult individuals involved in the child's life. The foundation offers individual counseling services both in-person and online at the Balat Children and Youth Center. Additionally, following the Kahramanmaraş earthquakes, individual sessions continue in Hatay, Şanlıurfa, and Adıyaman, ensuring client confidentiality. For clients identified as needing longer-term support, appropriate clinical referrals are made within this service.

Our individual counseling service is provided by a clinical psychologist, with interpreter support when necessary. Typically, the individual counseling service lasts 6-8 sessions and is completely free of charge.

### 3.3. Awareness Raising Sessions

Awareness-raising sessions are conducted in closed groups with the participation of children, adolescents, and caregivers aged 10–24. These sessions focus on topics such as peer bullying, screen addiction, cyberbullying, and children's rights. During the sessions, various forms of art such as visual arts, cinema, and music are used to address the relevant topics. The sessions aim to help children and adolescents gain awareness in specific areas, supporting them in becoming more conscious and empowered on these issues. Through these sessions, the goal is to provide a safe space for inter-personal dialogue by encouraging a mindful perspective on various aspects of individuals' lives.

### 3.4. Positive Parenting and Psychoeducation Sessions

The parent-child relationship is one of the most important factors affecting a child's psychological well-being. Aware of the connection between a child's well-being and the role of parents/caregivers, the Maya Vakfi Foundation organizes positive parenting sessions for this reason. Positive parenting sessions focus on several key topics, such as raising awareness about child development, providing psychoeducation about trauma, exploring various parenting and discipline styles, identifying and changing negative behavior patterns, and offering practical tools to address these issues. Additionally, the sessions provide parents with the necessary technical support to effectively recognize and address their children's educational and psychological needs.

As part of its efforts to foster healthy family dynamics, the Foundation also organizes parent-child activities. These activities aim to strengthen the parent-child bond and create a supportive environment that helps improve the well-being of children and their families.





### 3.5. Referral and Individual Protection Assistance

Migration, disasters, and war, as negative life experiences, significantly increase protection risks, especially for children and adolescents. The main protection risks for children and adolescents include neglect and abuse, gender-based and community-based violence, isolation, addiction, child labor, early marriage, peer bullying, and high rates of school dropout. Aware of the negative impacts of such situations on children and adolescents, the Foundation provides protection services through social workers. After the Kahramanmaraş earthquakes, the foundation has intensified its efforts on child protection and referral services in the affected areas.

Based on initial assessments and field observations following the disaster, the Maya Vakfı (Foundation) continues its work by identifying key protection risks, including access to information about legal processes related to child protection, shelter, and relocation to other cities, access to healthcare services, and providing information about social services. The foundation provides in-kind support to caregivers of children and adolescents who directly apply or are identified as at risk through the Individual Protection Assistance program. As part of its referral pathways, the Maya Foundation ensures access to rights and services for each beneficiary through both internal and external referrals. This process involves active participation in coordination meetings, close monitoring of existing services, and collaboration with various actors in the field.



### 3.6. Trauma-Informed Approach and Wellbeing-Focused Capacity Building Trainings

Maya Vakfi (Foundation) conducts capacity-building sessions aimed at promoting a trauma-informed approach and supporting wellbeing. These trainings are provided to the foundation's partners, civil society organizations, and public sector personnel. The training sessions cover a wide range of essential topics, including psychological first aid following disasters and emergencies, triage and referral procedures, understanding and addressing post-traumatic stress disorder (PTSD), and other trauma-related stress responses. The curriculum also includes psychosocial intervention methods after trauma, the complex process of grief and loss, symptoms of secondary trauma, and effective self-care strategies. These capacity-building training not only raise awareness among institutions and individuals about trauma-informed approaches but also enhance their ability to maintain their own wellbeing, thus supporting the effective and long-term delivery of the services they provide.



### 3.7. Social Cohesion Activities

The main goal of social cohesion activities is to foster interpersonal communication, cooperation, and a sense of trust. In line with its principles of diversity and inclusion, the Foundation carries out these activities to facilitate harmonious coexistence among individuals of different nationalities, beliefs, and lifestyles based on shared values.

Up to date, the Foundation has brought together numerous local and migrant participants through social cohesion activities. These activities focus on uniting the cultural and social values of different communities, supporting their ability to communicate, adapt to common values and norms, and build healthy relationships using their social skills. Through its social cohesion efforts, Maya Vakfı will continue to build bridges and promote mutual understanding for a more inclusive and harmonious society.

### 3.8. Early Childhood Studies

Early childhood (ages 3–7) is a critical period for children's cognitive, emotional, social, and psychological development. During this stage, the brain undergoes one of its fastest developmental phases. Thanks to neuroplasticity, children are highly influenced by environmental factors and possess a remarkable capacity for learning. Therefore, while adverse experiences can disrupt the attachment process and lead to psychological problems, positive support during this period is much more effective in mitigating the effects of trauma and stress. When children develop healthy attachments with their caregivers during this time, their emotional resilience and social relationships in later years of life are likely to be stronger. Through early intervention, secure attachment between the caregiver and child can be supported.

Building on this understanding, Maya Vakfı, with its 10 years of experience in providing psychosocial support, has extended its focus to early childhood as of September 2024. In regions with identified needs, the foundation provides services to children aged 3–7 using puppet-assisted art therapy techniques. In these projects, age-appropriate approaches such as play therapy and puppet-assisted art therapy are employed to help children process traumatic experiences and make sense of their emotions. Moreover, during the psychosocial support sessions, the interaction between caregiver and child fosters co-regulation, while also aiming to help caregivers understand and reflect their child's emotional state—thus promoting the development of a secure attachment.





**The feedback from the studies that began in November 2024 is as follows:**

"The Maya Vakfi had previously held sessions with our older children. Now, after they started these activities with the younger ones, I can see that my child has become much calmer. He has even started drawing at home. My spouse and I are very happy about this. We are very grateful to you for coming and making our children happy." (Woman, 38)

"I love puppetry!" (Boy, 4)

"It was funny to glue eyes on socks and make a mouth." (Girl, 4)

"My son wants to play music and draw at home, just like the activities you did. After starting the activities, my children have begun to understand each other better." (Woman, 27)

"I tried to make a puppet that looks like me." (Girl, 6)

"After starting the activities, my children began to understand each other better. Participating in the activities with my children also made me feel relaxed. When they came home, they told their father about what they had done during the day and hugged him. Seeing them happy made me happy too. I'm so glad you exist!" (Woman, 24)

### **3.9. Digital Mental Health Applications**

In recent years, digital mental health applications have undergone a significant transformation in the field of Mental Health and Psychosocial Support (MHPSS). Especially in the post-pandemic period, online therapy, mobile applications, AI-assisted psychosocial support tools, and game-based digital interventions have become increasingly widespread. These developments have improved access to mental health services, particularly in disadvantaged areas, making therapy and psychosocial support processes more sustainable. Digital solutions have played a crucial role in overcoming key barriers such as geographical limitations, economic hardship, and lack of service providers, offering flexible and accessible support mechanisms for individuals and communities who have experienced traumatic events. Closely following this digital transformation in the field of mental health and psychosocial support, the Foundation has been working to ensure that its beneficiaries benefit from these opportunities. In line with this, an important project was launched in 2024 in Hatay to deliver psychosocial support sessions through a digital platform following the earthquake. In Hatay, psychosocial support sessions were conducted with children and adolescents aged 10–15 using a mobile game called "Shadow's Edge". The game, which employs a journaling-based approach, provides a safe space for adolescents to express their emotions, thoughts, and behaviors. This process has contributed to participants' progress in post-traumatic growth. At the same time, adolescents who had the opportunity to reflect on their inner processes during the psychosocial support sessions were able to strengthen their social bonds and develop communication skills through a collective gaming experience.

Following the February 6, 2023 earthquake, Maya Vakfı established the Center for Learning to develop long-term, sustainable solutions in the field of mental health and psychosocial support in Türkiye. Since its inception, the Foundation has been providing capacity-building sessions for mental health professionals working both in the field and within its own organization. With the Center, Maya Vakfı has consolidated and expanded these efforts under a structured platform.

Center for Learning at Maya Vakfı is designed not only to focus on post-disaster trauma interventions but also to serve as a platform that promotes knowledge and experience sharing among mental health professionals. The Center's core objective is to strengthen the knowledge and skills of field practitioners while enhancing their professional resilience, all in response to the growing mental health needs of the community.

Drawing on a decade of expertise in the field of psychosocial support, Center for Learning at Maya Vakfı aims to equip and empower mental health professionals through workshops and collaborative efforts. The Center works with national and international experts to ensure the accessibility of accurate and effective theoretical and practical knowledge. Its primary mission includes introducing young practitioners to innovative MHPSS programs, equipping field workers with contemporary, evidence-based methods, and offering professional development opportunities in expressive therapies. Additionally, the creation of the Maya Vakfı Volunteer Network aims to cultivate a community grounded in a strong culture of volunteerism.

Another key focus of the Center for Learning is to prevent burnout and secondary traumatization among professionals working in the field. To this end, it designs content and activities that promote self-care practices. Training programs emphasize the importance of self-care strategies, stress management techniques, and in-service support mechanisms to help professionals enhance their own psychological resilience and protect their mental well-being. The Center also offers practices that support the well-being of field workers through individual awareness exercises, creative arts-based workshops, and group sessions. This approach not only strengthens the personal resilience of mental health professionals but also enables them to provide healthier and more effective interventions for the individuals and communities they serve. Center for Learning at Maya Vakfı believes that strong community resilience can only be achieved by first supporting the well-being of field workers—and it continues its efforts in line with this belief.

Through its events and initiatives, the Center aims to address the challenges faced by professionals in the field and contribute to their professional development. In this context, the first workshop organized was the “Loss and Grief Workshop,” held in October 2024 by Licensed Social Worker Leslie Robinson at the Foundation's Balat Child and Youth Center in Istanbul.

This comprehensive three-day program combined theoretical and practical knowledge, aiming to enhance mental health professionals' understanding of grief and loss processes and help them develop supportive interventions. The workshop also introduced how the commemorative, grief- and loss-focused support tool *The Game: Loss and Bereavement Support Game* can be integrated into trauma-informed practices, helping individuals express their emotions and recognize that they are not alone in their grief journeys.

Another key event of the Center is the upcoming "Dance and Movement Therapy Workshop," which will be facilitated by Clinical Psychologist Dr. Zeynep Çatay in May 2025. Grounded in the understanding that trauma is not only a psychological but also a bodily experience, this workshop aims to introduce participants to body-based healing approaches. The main goals of the workshop include teaching how the body's responses to trauma can be transformed, enabling the expression of emotions through dance and movement, and utilizing the regulating effects of rhythm through group activities.

Taking into account the evolving global landscape and the impact of digitalization on the mental health field, the Center for Learning is planning a workshop focused on the integration of digital tools into MHPSS practices. This workshop will explore how technology-based innovations can be incorporated into fieldwork, the challenges encountered in doing so, and the benefits of digital applications. Future workshops will also cover topics such as ethical approaches during disasters, appropriate and inappropriate interventions in post-disaster contexts, secondary traumatization, and self-care.

Another key initiative of the Center is its comprehensive series of events—including symposiums, panels, and workshops—designed for professionals working in the field during emergencies and disasters. These events aim to support the sharing of effective and innovative psychosocial support practices, enhance their sustainability, and promote a multidisciplinary perspective in the field.



Loss and Grief Workshop, October 2024

During these events, field professionals will have the opportunity to connect with colleagues from various disciplines, fostering collaboration, enhancing professional solidarity, and developing effective intervention strategies through knowledge sharing. Challenges encountered in the field and the creative, evidence-based solutions developed to overcome them will be central topics of discussion. The unique contributions of different professional groups involved in post-disaster services will also be explored, with a focus on how non-mental health professionals can be integrated into psychosocial support efforts. This series of events will not only enhance the knowledge and skills of professionals working in the field but will also foster a strong professional network, promoting a culture of solidarity. Grounded in the understanding that healing is not only an individual but also a collective process, these gatherings will emphasize approaches that help communities strengthen their resources and build resilience. With this multidisciplinary and inclusive approach, Center for Learning at Maya Vakfı aims to play a significant role in the broader process of societal recovery.

Center for Learning at Maya Vakfı is steadily progressing toward becoming a leading learning hub in the field of mental health and psychosocial support in Türkiye, with its innovative, evidence-based practices that respond to evolving needs. This prestigious initiative aims to promote the sustainable well-being of both professionals and the wider community and will continue to make a meaningful impact through its strong workshop programs and collaborative efforts.



Loss and Grief Workshop, October 2024



### 5.1. CAMPAIGNS

#### Sportive Events in 2024

The Istanbul Marathon, held on November 3, 2024, was an unforgettable experience and a major success for Maya Vakfı. Under the slogan “**Haydi Çocuklar için koşMAYA**”, nearly 60 runners and supporters came together, raising a total of **670,960 TRY** in donations. This amount marked the highest fundraising total ever recorded in Maya Vakfı’s seven-year campaign history. As part of the marathon, Maya Vakfı participated for the first time in the Marathon and Sports Expo, held from October 31 to November 2, 2024. Over the course of three days, the Foundation connected with volunteers and runners, sharing information about its mission and activities. Through this effort, Maya Vakfı reached 395 donors and aimed to provide psychosocial support to 19 children.

During the marathon campaign, the Foundation’s most prominent supporters were IKEA and Maya Holding, whose corporate contributions made a significant impact. At Maya Vakfı, we proudly reaffirmed in 2024 that “we succeed together.” With excitement and determination, we look forward to achieving even greater milestones in the coming years and bringing hope to even more children.





## April 23rd Campaign (National Sovereignty and Children's Day Campaign)

On April 23, 2024, IKEA employees demonstrated a remarkable act of solidarity through the "April 23rd Campaign," raising a total of 75,264 TL in donations. Driven by a strong belief in the future of children, this meaningful initiative became an inspiring success story, uniting both individual and corporate supporters. Thanks to this campaign, Maya Vakfı has taken a significant step toward reaching more children and expanding the support that touches and transforms their lives.

## 5.2. MAYA VAKFI IN MEDIA

### 5.2.1. Media Reflections on Maya Vakfı (Foundation)

In 2024, the Foundation actively utilized media and press platforms to raise public awareness of its projects and social impact. The foundation's activities received coverage across various channels, increasing its visibility.

### Media Highlights:

**1. Press Releases:** Throughout the year, the Foundation shared major milestones, events, and trainings with the public through several press releases.



**2. Radio Programs:** The foundation participated in a range of radio broadcasts to share its work and experiences within the communities it serves.

### **TRT Istanbul Radio – “Günebakan” Program: Children’s Exam Anxiety**

Maya Vakfı (Foundation) contributed expert insights to the TRT “Günebakan” Program on the topic “Effects of Domestic Violence on Children,” supporting public awareness efforts.

“Yeni Şeyler Rehberi” with Serhat Ayan – Radio Interview: Maya Vakfı (Foundation)'s Interventions and Practices in Earthquake-Affected Areas

**3. Interviews:** Maya Vakfı (Foundation)'s vision and activities—including projects conducted in earthquake-affected regions and related success stories—were highlighted in various interviews. These interviews emphasized the foundation's contributions to society and its approaches to post-trauma recovery.

“Psikolektif” Magazine Interview: Exam Anxiety in Children and Youth

**4. Webinars and Panels:** Mental Health in Natural Disasters: Wildfires and Eco-Anxiety Webinar.

Shedding Light on Life’s Difficult Periods Through Therapeutic Play – Webinar on grief and loss.

Maya Vakfı (Foundation) participated in the **Children’s Rights Workshop** organized by **Nilüfer Municipality**, where it presented its efforts in promoting and protecting children’s rights.

Additionally, at the “**25 Years After August 17**” panel, our Clinical Director, Bihter Yasemin Adalı, shared insights on post-disaster recovery processes.



**5. Invitations:** The Foundation was invited to participate in the event “**The Psychological Dimension of Violence Against Women**” organized by **Üsküdar Municipality** as part of the International Day for the Elimination of Violence Against Women on November 25. The foundation was represented by Melisa Varol, who took part as a guest speaker at the event.



On the occasion of World Children’s Day, Maya Vakfı (Foundation) came together with children at the Yeşilkent Women’s Social Center (Yeşilkent Kadın Sosyalleşme Evi). In collaboration with **Avcılar Municipality**, the foundation held a workshop using art-based activities to explore themes of children’s rights, equality, and justice.



On the date of November 13, Psychologist Verda Bulut, working at Maya Vakfı (Foundation), participated in the live broadcast of **NTV News Bulletin at 4.00 PM** and shared her insights and professional perspective on the topic “**The Role and Functioning of Social Work in Child Protection**”.



## 6. Visits:

Esra Özsüer, the founding president of Maya Vakfı (Foundation), visited the respected anti-slavery organization **Voices4Freedom** in the suburbs of Varanasi, India. During her one-week visit, she engaged in mutual program exchange and made personal contributions to their efforts.







Former President of Malta, Her Excellency Marie-Louise Coleiro Preca, and Founding President of the Maya Foundation, Esra Özsüer, held an inspiring conversation about empowering children and youth through collaboration.

## 7. Seminars:

A comprehensive training seminar was organized for public transportation drivers of Urfa Transportation Inc., a subsidiary of Şanlıurfa Metropolitan Municipality. Conducted by the Maya Vakfı (Foundation)'s Şanlıurfa Team, the training focused on key topics such as effective communication, stress management, self-care, and anger control, tailored to the needs of field personnel.



## Press Releases:

### Mental Health Service Providers that Work in Disaster Zones Will Be Supported through Trauma-informed Care Trainings

The Maya Vakfı (Foundation) organizes Trauma-Informed Care Trainings to equip qualified mental health professionals with the necessary skills to work effectively in disaster-affected areas.

Öğretmenim Dergisi | BusinessMed |  
Malatya Söz | Bülten360

### Maya Vakfı (Foundation) Supported 500 Individuals Affected by Traumatic Experiences

In 2023, the Foundation provided support to 500 individuals who had experienced traumatic events at the Balat Child and Youth Center.

Sanlıbayrak Gazetesi | HaberMax | Bülten360

### Maya Vakfı (Foundation) Sheds Light on Traumatic Experiences with the Art-Based Photolift Project

The art therapy-based Photolift Project contributes to the post-traumatic recovery process.

Analiz Gazetesi | SosyalUp |  
Salınbayrak Gazetesi



## Maya Vakfı (Foundation): Traumatic Stress Symptoms May Be Triggered on the Anniversary of the Earthquake

Maya Vakfı (Foundation) is issuing warnings about the psychological impacts that may arise on the anniversaries of earthquakes.

BusinessMed | Analiz Gazetesi | Sanlıbayrak Gazetesi



## Maya Vakfı (Foundation)'s Expert Psychologists Share Key Tips to Reduce Exam Anxiety

Traumatic experiences can trigger exam anxiety! Maya Vakfı (Foundation) experts offer advice on how to manage anxiety.

Gazete Birlik | Aydınlık | 7x24 Kocaeli



## Maya Vakfı (Foundation) Continues to Support Educational Needs in Disaster Areas with Psychotherapy Sessions

Maya Vakfı (Foundation) continues to support the educational needs in disaster-affected areas through psychotherapy sessions.

Öğretmenim Dergisi | Yeni Ufuk





## Maya Vakfı (Foundation) Aims to Transform the Perception of Traumatic Experiences for Community Health

Maya Vakfı (Foundation) is drawing attention with its awareness campaigns, aiming to change the perception of trauma in society.

 NYXMag | Güncel Kadın



## Maya Vakfı (Foundation) Organizes Puppet-Assisted Play Therapy Workshop for Mental Health Professionals

The workshop organized for mental health professionals allows them to explore play therapy techniques.

 SosyalUp



### 5.3.MAYA VAKFI ON SOCIAL MEDIA

Maya Vakfı considers social media as a powerful tool for communication, advocacy and community engagement. It maintains an active digital presence throughout the year, publishing content on various social media platforms to publicize its activities, share success stories and build stronger ties with its community. These posts aim to expand the community that supports Maya Vakfı's work and increase engagement.



## 6 – VOLUNTEERING AT MAYA VAKFI

As Maya Vakfı, we believe in the power of social support and collective action. Our organization offers volunteer opportunities in three main areas: communication activities, office support and social activity support. Our volunteers not only actively contribute to the activities of Maya Vakfı, but also receive the necessary basic training provided by the Foundation and are supported by supervision activities. The dedication, creativity and interest of Maya Vakfı volunteers increase the effectiveness and comprehensiveness of the support services we offer to children.

During 2024, Maya Vakfı Volunteers actively contributed to the cinema and therapeutic intervention sessions held at Balat Children and Youth Center and the psychosocial support sessions held at children's home sites affiliated with the Istanbul Provincial Directorate of Family and Social Services. Our volunteers who joined our volunteer team this year were given a two-day Volunteer Training before joining our work; trauma and creative art therapy methods were worked on in these trainings.

As part of the support of these volunteer activities, a meaningful volunteering study was carried out with IKEA Türkiye on the occasion of New Year. A total of 550 toys purchased by IKEA employees to bring New Year joy to children were delivered to children between the ages of 4-9 in Adıyaman and Hatay by Maya Vakfı field teams. Soft toys, finger puppets, puzzle sets, coloring books and colorful pencils, which were lovingly selected, have become tools that support children's social and emotional development beyond just gifts. With this special solidarity, it is aimed to nourish children's creativity, enrich their imagination and ensure that they welcome the New Year's excitement with hope.

With the Center for Learning at Maya Vakfı, which started operating in 2024, it is aimed to establish the Maya Vakfı Volunteer Network and contribute to regular activities. Volunteer activities will continue within the Center for Learning at Maya Vakfı in the coming years.







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