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#AMURTELGreece



YOU CAN SUPPORT WOMEN AND BABIES SPREAD THE WORD!

AMURTEL Greece is asking **YOU** to participate even further in the fundraising campaign by sharing it or creating **YOUR** own!



Fundraising ideas



Organize a fundraiser in your office by putting up posters in the coffee area to inform your colleagues about AMURTEL Greece and collect donations for your campaign!



Do you have a regular social meeting place such as a coffee shop where you can put up posters and collect donations next to the cashier?



Organize a games night, a thematic evening or a slumber party where everybody chips in for AMURTEL!



Are you a member of a sports club or school where you could organize a fundraiser?



Are you into arts & crafts? Maybe you can swap your creations in exchange for donations?



Prepare a dinner with friends and/or family and ask everybody to donate to your fundraiser!



BE CREATIVE AND SHARE YOUR PROGRESS TO EVERYBODY USING OUR HASHTAGS!



Please consider recurring donations so we can continue our important work
[Make a donation now at donorbox.org/december-2021/](https://donorbox.org/december-2021/)



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+ Do you want to know more?

AMURTEL Greece is a refuge for refugee and migrant mothers and babies providing safe women's spaces to gain knowledge and build community.

Pregnancy and infancy are two of the most vulnerable periods in life. Refugees and migrants are disproportionately at higher risk during this critical time in their lives as women are more prone to post-disaster psychopathology than men and pregnant and postpartum women may be especially vulnerable. In times of crisis, they have more miscarriages, premature deliveries and they are often subjected to more sexual violence.

Refugee/migrant mothers have all too often undergone traumatic experiences before reaching Greece and find themselves isolated, uncertain of their futures, worried about their children's well-being, struggling financially and materially, and living with chronic stress or depression.

SOME OF WHAT WE DO

- Antenatal and postnatal care by midwives
- Breastfeeding and infant nutrition support by lactation consultants
- Sexual reproductive health literacy
- Gender-based violence awareness
- Educational support groups
- Peer-to-Peer support training
- Outreach & many others

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