Pain to Power is a journey of personal transformation and empowerment for you, if you wish to reflect and understand what role gender has played in your life and seek to heal from the pain of gendered experiences. This journey will provide an opportunity to achieve your full potential by breaking the chains of gender that restrict you today.
**Who should join us**
Do any of these situations sound familiar in your past or present - unhealthy or abusive relationship, molestation, masculinity pressures, body shaming, identity issues, forced or coerced marriage, domestic abuse, parental neglect? If you experience or have experienced high levels of denial, depression, anxiety, flashbacks, loneliness, anger, shame or a general lack of hope because of your gender identity and want to move past such situations, this journey will empower you.

The journey will host 20 young people aged 18-30 with diverse gender and sexual identities – women, men, transgenders and members of the LGBTQIA communities.

**Pain to Power Journey...**

We have worked intensively with over 100 young people on their healing and transformation. Read more about their journeys here: [www.peopleforparity.org](http://www.peopleforparity.org); [the-pratiti-journey.blogspot.com](http://the-pratiti-journey.blogspot.com)

We aim to engage with individuals who are open to healing in a group process in the company of diverse gender and sexual identities and can invest time in their healing and transformation. They should be available to attend all workshops and processes.

**What can you expect?**
Healing is the ability to transcend pain caused by past experiences. The experiences of each survivor will vary and thus will the duration of time taken to heal and achieve recovery. We shall ensure that each survivor is able to comfortably go through the healing process at their own speed and intensity. A caring, nurturing and non-judgmental environment will be created to facilitate the recovery process of these diverse survivors and empower them to process and convert their feelings of hurt, loss and pain into something more positive, productive and life affirming.

**Over the course of September-December 2016, participants will access:**

- **Sep 15-18:** An intensive four-day residential workshop in Himachal/Uttarakhand
- **Oct 15, Nov 5, Dec 3:** Day long community building workshop
- In-person heart to heart conversations with facilitators
- **Dec 18:** A co-created celebration event to mark new beginnings

**Finish**

Our facilitators will work with participants through their journeys, after which each of them will be a part of the larger PIP community and have a sustainable support system.

All participants will be provided with regular counseling support and access to legal strategy support, psychotherapists and somatic healing will be created on a need basis.
Prior Participant Story:
An aspiring lawyer and NGO volunteer, 23 year old Megha was one of the participants selected for PFP’s flagship gender program, Pratiti, which ran in Delhi in 2015. Behind her bubbly and outgoing exterior, Megha hid years of pain and trauma caused by her father’s abusive and violent behavior against her and her mother. Her Pratiti journey saw the gradual uncovering of a vulnerable yet courageous girl, who from being prone to frequent emotional outbursts and panic attacks gained the confidence to come to terms with her pain and gained the necessary strength to process and heal from her experiences.

In her own words, “I admit initially I resisted any attempt to open up in the workshop, that I robotically went through most of the part for the sake of it, but in reality even without me realizing it, I was getting out of my comfort zone. In the end it was so overwhelming I cried like a child and I have never been more thankful, for those tears were bottled up conflicts and pain that washed off that day. I was so afraid of broken bridges that I was burning whatever was left. I was not allowing anyone to be remotely near me. In short I was drowning. PFP helped me gain a better understanding of my own emotions. It has enabled me to let people in…”

You or anyone else you know who shares a story like Megha’s and identifies as a survivor of GBV is warmly invited to apply for the PFP Survivor program.

Please note that a 4-day residential workshop will be conducted in Himachal/ Uttarakhand, and participants will pay a small amount (~Rs.4,000) to cover their logistics.

How to apply? Application Deadline: 31th August, 2016
You may fill the application form at http://peopleforparity.org/pain2power/ or fill the hard copy and click a picture of the same and email or whatsapp it.

In case of any difficulties or queries, contact:
Somesh S. Menon | +91 78380 03038 | somesh.pfp@gmail.com

About People for Parity (PfP)
People for Parity Foundation is a New Delhi based not-for-profit organization using intensive self-work approaches to enable young people overcome their gendered realities and experiences. Founded by IIT Delhi alumni in 2013 and based in New Delhi, we deeply imbibe values of empathy, restorative justice, inclusion and non-violence in our programs and approach. We are also one of the few social initiatives working with people of all genders, and focusing on shifting attitudes and inner consciousness around gender.

www.peopleforparity.org
www.facebook.com/PeopleForParity
http://the-pratiti-journey.blogspot.in