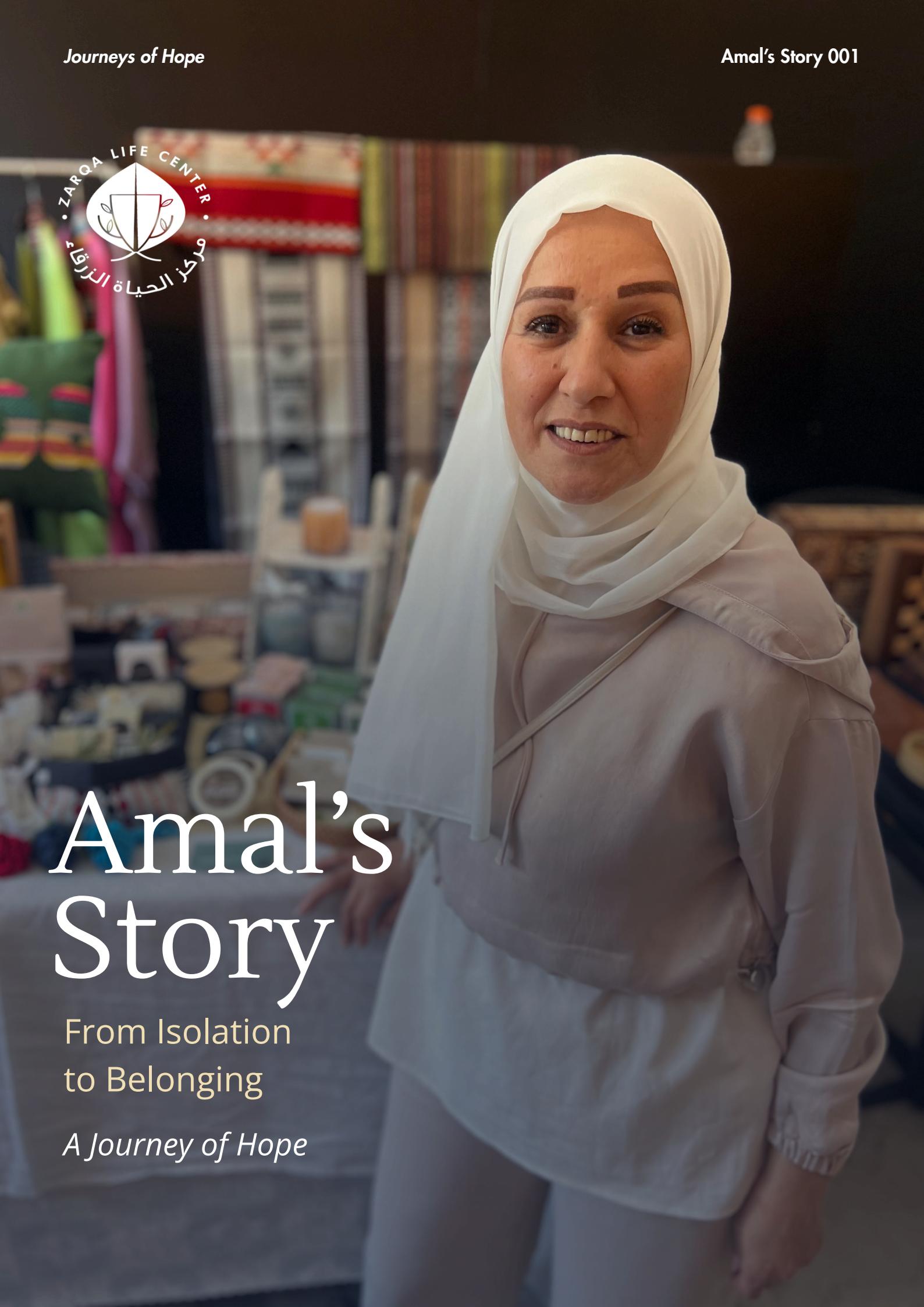


Amal's Story

From Isolation to Belonging

A Journey of Hope

Meet Amal

“I came looking for a sewing class. I found a new life.”

Amal was a born into a life of uncertainty as a Palestinian refugee in Syria. After marrying and moving to Jordan with her husband, she hoped for a better future.

Instead she found isolation. For five years she stayed home with her two daughters, feeling invisible and alone.

Everything changed when a simple suggestion from a friend led her to Zarqa Life Center.



AT A GLANCE

Name
Amal

Origin
Yarmouk Refugee Camp, Syria

Joined ZLC
2015

Empowerment
- Sewing
- Soap Making
- Candle Making
- Community

Today
Supports her family through artisan work and mentors other women.

Impact
Helped support her two daughters through university.

WHY THIS STORY MATTERS

Amal’s journey is one example of how investing in women creates lasting change for entire families. Through **Zarqa Life Center**—a community where women find belonging, healing, education, and opportunities to build brighter futures—stories like hers become possible.

Before

Where the story begins

Loss, war, imprisonment, displacement

I was born in Syria to a Palestinian family. We lived in Yarmouk Refugee Camp, but because my family had no passports or official identification, life was always uncertain.

Over the years, my family experienced heartbreaking loss. My brother was killed during the Lebanon War in 1982. Another brother disappeared after being arrested in Syria, and for fourteen years we have never known what happened to him. My third brother was imprisoned and later released with broken legs.

Those experiences left deep wounds in our family.

After I married in 2003, my husband and I moved to Jordan, hoping for a better future. For five years, I stayed home raising our two daughters. I hardly knew anyone.

Day after day, I stayed inside with no friends, no community, and nowhere to go. I became so discouraged that I began feeling the pain in my body as much as I felt it in my heart. I struggled with back pain, loneliness, and the feeling that life had become the same every single day.

More than anything, I wished I had someone to talk to.

"For five years, I lived without friends and longed for someone to talk to."



A Door Opens

Everything changed because of one conversation.

One day, while visiting my mother's home, another woman was there. As we talked, I shared how lonely and discouraged I felt.

She told me about Zarqa Life Center and suggested I visit.

She thought I might enjoy a sewing class or even an exercise class.

In 2015, I walked through the doors of the center with my two daughters.

I still remember how excited I felt after registering.

It was like being a little girl on her very first day of school. For the first time in years, I felt like a new chapter of my life was about to begin.

One of the greatest gifts the center gave me wasn't a class.

It was my very first true friendships.

"Why don't you try a sewing class at Zarqa Life Center?"





“For the first time in my life, I made true friends.”

New Beginnings

I started with sewing, but I didn't stop there.
I learned embroidery, cooking, packaging, soap and candle making, and helped prepare products for bazaars. Every new skill gave me more confidence than the one before.

Trudy believed in me from the very beginning. She encouraged my ideas, patiently helped me grow, and showed me that I was capable of far more than I had ever imagined.

Working at the bazaars was especially exciting. I discovered talents I never knew I had.

But the greatest transformation wasn't in what I could make with my hands.

It was in who I became.

The woman who had once been too shy to speak to anyone slowly became someone who loved talking, laughing, and building friendships. Today I often joke that people have to tell me to stop talking because I enjoy being around people so much.

The greatest transformation wasn't what I learned—it was who I became.

- She found friendship.
- She found encouragement.
- She found confidence.
- She learned to sew, embroider, prepare food, create beautiful packaging, help with House of Life bazaars, and more.



A New Future





Today, my life is completely different.

I have wonderful friendships that I treasure, and I wake up each day with purpose and confidence.

Through my work at Zarqa Life Center, I have been able to support both of my daughters as they attend university, covering their educational expenses and helping them build brighter futures.

When I think back to that ordinary day at my mother's house ten years ago, I realize it wasn't ordinary at all.

One conversation led me to Zarqa Life Center. That single invitation changed my life.

The center gave me skills, confidence, meaningful work, and financial stability—but above all, it gave me something I had longed for all those years.

It gave me a place where I belonged.

What began as a sewing class became:

Friendship.

Purpose.

Confidence.

Hope.



The Story Continues With You

Every donation. Every partnership. Every handcrafted purchase.

Creates opportunities for women like Amal to learn, earn, and build brighter futures for their families.

GIVE

Support our programs and empower more women.

SHOP HOUSE OF LIFE

Handcrafted with purpose. Made with Hope.

PARTNER WITH US

Together, we can create lasting change.

SCAN TO VISIT OUR WEBSITE

www.zarqalifecenter.org