ZARQA LIFE CENTER
مركز الحياة الزرقاء



Sabah's Story

From Heartache to Hope

A Journey of Hope

Meet Sabah

> *“Zarqa Life Center helped me discover that healing can happen one step at a time.”*

After twenty-four years of marriage ended in divorce, Sabah found herself carrying deep emotional pain and struggling with depression.

Through healing programs, creative classes, and meaningful friendships at Zarqa Life Center, she began rebuilding her life one step at a time.



AT A GLANCE

Name
Sabah Khader Najeeb

Origin
Jordan

Joined ZLC
October 2024

Empowerment
- Sewing
- Sports
- Trauma Healing
- Accessories

Today
Creating with confidence and looking toward the future.

Impact
Healing and creativity restored hope after difficult years.

WHY THIS STORY MATTERS

Sabah’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

Depression, divorce, difficulty

I married when I was eighteen years old and spent twenty-four years building a family. I am the mother of three sons and two daughters.
After my divorce, I found myself carrying the weight of many difficult circumstances.

I struggled with severe depression and often felt overwhelmed by everything I had experienced.
I knew I needed something to help me move forward, but I wasn't sure where to begin.

"I came to the Center searching for hope."



A Door Opens

Everything changed because of one conversation

A friend told me about Zarqa Life Center, and I decided to visit.

From my very first courses, I began to experience something I had been missing for a long time—hope.

I joined sewing, sports, and trauma healing. Each class gave me more than practical skills. They gave me encouragement, community, and a safe place to heal.

For the first time in a long while, I felt like I could begin again.



For the first time in a long while, I felt like I could begin again.



“Making accessories became my way of expressing myself.”

New Beginnings

In October 2024, I joined the accessories course, and I immediately fell in love with it.

When a group of women from the Netherlands visited the center, they introduced us to new techniques and creative designs. After their visit, we continued learning every Wednesday with our teacher, Haifa Tashman, who has continued encouraging and teaching us ever since.

I learned how to create handmade bracelets and unique accessories with my own personal style.

What began as a class soon became something much more.

Making accessories became a way for me to express myself, use my creativity, and enjoy creating beautiful things with my own hands.

Before long, it even grew into a small project that gave me purpose and excitement for the future.

What started as a class became a small project and a new beginning.

- She found creativity.
- She found purpose.
- She found hope for the future.
- She also participated in Sewing, Sports, and Trauma Healing



A New Future



Today, creating accessories is one of my greatest joys.
Each piece I make reminds me how much my life has changed. What once began as a way to cope with difficult circumstances has become a source of confidence, creativity, and hope.

Zarqa Life Center helped me discover that healing can happen one step at a time, and that it's never too late to learn something new, rebuild your confidence, and create a new beginning.

It's never too late to rebuild your confidence and start again.

What began as an accessories class became:

Friendship.

Purpose.

Confidence.

Hope.



The Story Continues With You

Every donation. Every partnership. Every handcrafted purchase.

Creates opportunities for women like Sabah 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