ZARQA LIFE CENTER
مركز الحياة الزرقاء



Tagreed's Story

From Fear to Confidence

A Journey of Hope

Meet Tagreed

> *"The place that welcomed me in fear became the place where I found purpose."*

After fleeing the war in Syria, Tagreed carried deep fear and trauma with her into Jordan. She became isolated, avoided people, and struggled to believe she had a future.

What began as a reluctant visit to Zarqa Life Center became the first step toward healing, confidence, and discovering the strength she never knew she had.



AT A GLANCE

Name
Tagreed

Origin
Syria

Joined ZLC
2022

Empowerment
Arabic Literacy, Sports, Drawing, Crochet, Computer Skills, Embroidery, Trauma Healing, Accessories

Today
Confidently serving others and growing every day.

Impact
Healing and education gave me purpose and confidence.

WHY THIS STORY MATTERS

Tagreed'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

Hunger, poverty, fear, uncertainty

I grew up in Syria with my family. Although we didn't have much, our life was peaceful, simple, and full of love. We were happy together until the war changed everything.

Suddenly, danger surrounded us. We lost the safety we had always known, and our lives became a series of escapes from one place to another. With every move, it felt like we left another piece of ourselves behind. We experienced hunger, poverty, fear, and uncertainty. Eventually, my father made the difficult decision to leave Syria so our family could have a chance at a safer future.

Saying goodbye to our home and loved ones was heartbreaking. We traveled difficult roads until we finally crossed into Jordan, carrying both hope and grief. After spending time in a refugee camp, we were able to leave, but a different struggle began.

The fear I carried from the war stayed with me. I became afraid of everything and everyone. I didn't want to leave the house or meet new people. I isolated myself from the world, cried without understanding why, and often felt like my life had no value. I believed I would never be different.

"I often felt like my life had no value. I believed I would never be different."



A Door Opens

Everything changed because of one smile

One day, my mother went to register my younger brother at Zarqa Life Center and insisted that I come with her. I resisted at first, but eventually I agreed.

When I walked through the doors, I was terrified. I almost turned around and left. Then one of the teachers, Rasha, smiled at me.

Her kindness immediately made me feel safe. She welcomed me without judgment and patiently encouraged me to take my very first class—Arabic Literacy.

That class became the beginning of everything. As I learned to read and write with greater confidence, I also began believing in myself. For the first time in a long time, I felt capable, valued, and hopeful.

I soon realized why it is called the Life Center—it truly is a place full of life, hope, and people who care.



For the first time in a long time, I felt capable, valued, and hopeful.



“Today, I come to the center every day, eager to help and eager to learn.”

New Beginnings

After Arabic Literacy, I wanted to learn everything I could.
I joined sports, where I became healthier, stronger, and more confident. I also participated in drawing, crochet, computer skills, embroidery, accessories, and trauma healing.

The trauma healing sessions helped me process the fear and pain I had carried since leaving Syria. Little by little, I found peace, confidence, and joy again.
Each class gave me more than a new skill—it reminded me that I had value, that I could grow, and that my future was not defined by my past.

Arabic Literacy was the first step that helped me believe in myself.

- She found peace.
- She found confidence.
- She found joy.
- She also participated in drawing, crochet, computer skills, embroidery, accessories, and trauma healing.



A New Future



Today, I am no longer the frightened, isolated young woman I once was.

I volunteer at Zarqa Life Center every day, always eager to help wherever I am needed and excited to keep learning new things. The center that once welcomed me when I was filled with fear has become a place where I can encourage and serve others.

Looking back, I can hardly recognize the person I used to be. Through education, healing, and the kindness of the people around me, I discovered confidence, purpose, and hope.

Zarqa Life Center didn't just change my life—it gave me the courage to believe in myself and the opportunity to help others do the same.

Healing from my past gave me the confidence to embrace my future.

What began as a literacy class became:

Friendship.

Purpose.

Confidence.

Hope.



The Story Continues With You

Every donation. Every partnership. Every handcrafted purchase.

Creates opportunities for women like Tagreed 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