

improve  
empower



Become one of our  
partners - support women  
who are committed  
to a dignified,  
independent  
and **happy life!**

# ABOUT THE EMPROVE FOUNDATION

**The mission** of the Emprove Foundation is to raise awareness about the earliest signs of relationship violence, to change societal attitudes, and to support women and girls who have experienced violence.

**Our activities** include: public campaigns for early prevention and awareness; free psychological and legal support for women survivors of violence; coaching; events; training; group therapy sessions; art initiatives; and building a first-of-its-kind community of **#WomenSurvivors** (**#ЖенитеSurvivors**) - women who have successfully left abusive relationships, and who actively support other women on their journey towards change and a new life.



# #ARTAWAKENS!



**#ArtAwakens (#ИзкуствотоПробужда)** is an inspiring initiative that has given birth to many projects. These include: EarlyBird; The Awakening (Ранобудна: Пробуждане), a film project for social change (in partnership with New Boyana studios and the National Fund for Culture); and the first ever creative writing course for #WomenSurvivors (in partnership with Wind And Bones and the British Embassy in Bulgaria). The next step in the development of ArtAwakens includes an exciting multidisciplinary project.

In the first half of 2022, selected artists will illustrate 30 micro-stories written by #WomenSurvivors, and edited by British writers Hannah Stevens and Will Buckingham.

"The exhibition will have a very important effect on women survivors of violence - to be accepted not only in themselves, but also for what they have to offer - their stories!"

Slavka Zidan, therapist.



"I FELT THAT SOMEBODY  
BELIEVED IN ME, AND IN  
MY ABILITY TO CREATE"

-Women Survivor and Author



# WHAT'S NEXT:

To give the illustrated stories greater longevity and more impact, they will be transformed into a deck of cards.

The cards will represent strength, new life and victory over violence, and that will have a very broad range of applications: from their use in therapeutic settings and group facilitation, to personal use where they can raise consciousness, empower, give confidence and foster courage.



Through these story cards, the early prevention and awareness-raising messages of #WomenSurvivors will reach people who have not realized they need support.

The combination of two impactful artistic forms - literary and visual - has the power to touch deep levels of consciousness, as only art can.

# CALENDAR OF UPCOMING EVENTS:

**7th March:** screening and discussion with the team behind the film "Women Do Cry" at the Dom na Kinoto (Cinema House), Sofia

**8th March (International Women's Day):** "Awakening Between the Lines." Artistic readings of micro-stories of female power written by #WomenSurvivors (featuring actors and other public figures), Sofia.

**March - April:** Short Story Contest for Women's awakening.

**17th May:** Opening of the Exhibition "Awakening Between the Lines": 30 micro-stories of female power, told in illustrations. At The National Gallery Kvadrat 500, Sofia.

**May-June:** Events, public discussions, face-to-face meetings, literary readings and a cocktail reception at the British Embassy Residence.

*#РаноБудна (#RanoBudna / EarlyBird) is a campaign bringing together vital information, empowering stories and free, professional support to women who are going through a challenging stage in their lives. The primary mission of #РаноБудна is to make women and their loved ones aware of the first signs they are in an abusive relationship.*

# EARLYBIRD: THE AWAKENING



#EarlyBird: The Awakening is our first film project for social change. It was screened on the facade of Kvadrat 500 Gallery, Sofia. The film took us all the way to Russia, where we won the Jury Prize at the Catharsis Festival. We continue to screen the film with our partners in the Dom na Kinoto (Cinema House), where we regularly organize cinema events and discussions on an ongoing basis.

<https://www.facebook.com/emproveproject/videos/430002328035964>



# BE PART OF THE AWAKENING!



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