

## Activity Report (Summary version)

Fiscal Year	2020
Code No	<u>20-A-162</u>

Name of Organization	La Cana, Social Reintegration Project, Civil Association	Applied Amount
		\$9,250 USD
Project Title	Building Peace Beyond the Barriers	Granted Amount
		\$9,250 USD
		Country which project was operated
		<b>Mexico</b>

### About organization and granted activity

■ **About organization <Such as Year of establishment, Vision, Name of main activity >**

**\* With in 500 characters**

La Cana is a Civil Association established in 2016 that works everyday to make female prisons in Mexico a peaceful and safe space for incarcerated women. Our mission is to transform the prisons of our country into places of opportunity rather than punishment. We made this through the implementation of an effective reintegration model, which gives women the necessary tools for their development and personal growth, keeping them away from crime and violence.

■ **Done activity by NPF Grant \* Within 1000 characters**

The project activities were carried out from April 2021 to March 2022. First, the methodological and management planning was carried out with the prison authorities for the implementation of the workshops. Subsequently, workshops were held. The first workshop "Building peace beyond the bars", was held from April to November in the Neza Bordo, Ecatepec and Chalco penitentiary centers and was attended by 102 women. The most important sessions were: (i) "Fast, but not furious" where the causes and consequences of anger were explained in order to identify and prevent it and; (ii) "Rebuild me", where the necessary tools were provided to increase the resolution of problems and conflicts, as well as assertively encourage the expression of emotions, in such a way that the participants were able to explore and develop their internal resources to have a greater knowledge of themselves. Finally, from November to March, peace circles were held, which at the request of the incarcerated women, included a section on perspective and gender violence in order to build healthier relationships. The circles were held in Barrientos and Ecatepec and were intended to rebuild ties, heal wounds and make decisions, especially in situations of violence; 95 women participated in the latter.

■ **Output or Outcome \* Within 1000 characters**

In order to follow up on the results of the workshops, a mixed methodology was used, applying quantitative and qualitative Monitoring and Evaluation instruments. The team of La Cana implemented pre and post test sessions with the participants, applying institutionalized instruments such as Beck Anxiety Inventory, Difficulties in Emotion Regulation Scale, Resilience Scale of Wagnild & Young, among others. After analyzing the results of the M&E instruments, it was found that 70.2% of the participants decreased their anxiety levels, 59.5% increased their emotional regulation, 65.9% increased their resilience, 85% decreased their gender stereotypes and 80% have increased their knowledge on gender equality. Moreover, 95% of our participants report a feeling of tranquillity and greater tolerance; 69% report having improved their relationships, 97% of women report feeling more independent and satisfied to no longer depend on a relative or a man, 100% report emotional well-being due to our programs, and 91% feel greater motivation.