

Together, we heal. Together, we grow.

WHY MULTI-FAMILY HEALING MATTERS

STRENGTHENS
mental health and
emotional
regulation



ENCOURAGES
gender-equal,
democratic parenting



BUILDS
youth leadership,
agency, and hope
for the future



RESTORES
social trust and
community
cohesion



VOICES FROM THE FAMILIES

*“Before, I was strict and controlling...
after the training, I respect my
daughter’s thoughts.”*

(Parent)

*“Families who had
internal disputes are
now resolving them
through dialogue
and understanding.”*

(Community elder)

*“Since the sessions, my parents
consult us before making family
decisions, even for buying
farmland.”*

(Youth participant)



cusointernational.org

interpeace.org

seedsofpeace.eu

**“We gratefully acknowledge
the financial support
of the Government of Canada
through Global Affairs Canada.”**



Restoring family bonds, empowering youth, and building cohesive communities

in Benishangul-Gumuz region

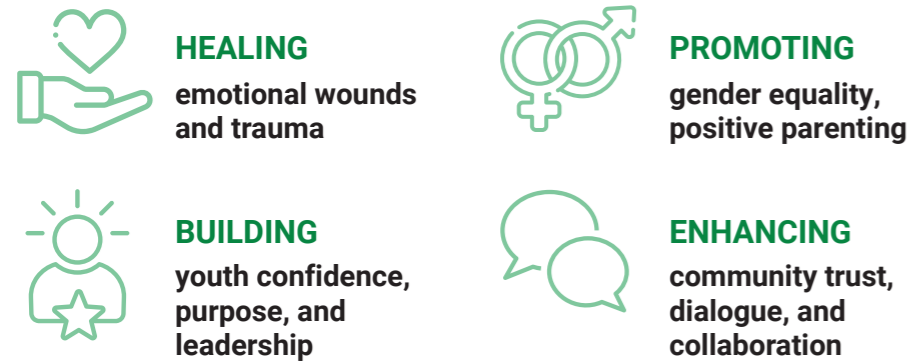
via multi-family healing spaces

A collaboration between **Cuso International**, **Seed**, and **Interpeace**, dedicated to empowering girls, parents, and educators through **evidence-based** and **culturally attuned** mental health and psychosocial support interventions. The initiative fosters resilience at the **individual, family, and community** levels.



WHAT IS MFHS?

The **Multi-Family Healing Spaces (MFHS)** model is a family-centred psychosocial intervention that brings together multiple families to strengthen communication, rebuild trust, and nurture youth wellbeing and resilience. Rooted in **multi-family therapy** and **socio-therapy principles**, it helps families and communities recover from conflict and adversity by:



HOW MFHS WORKS

MFHS protocol works through four healing formats

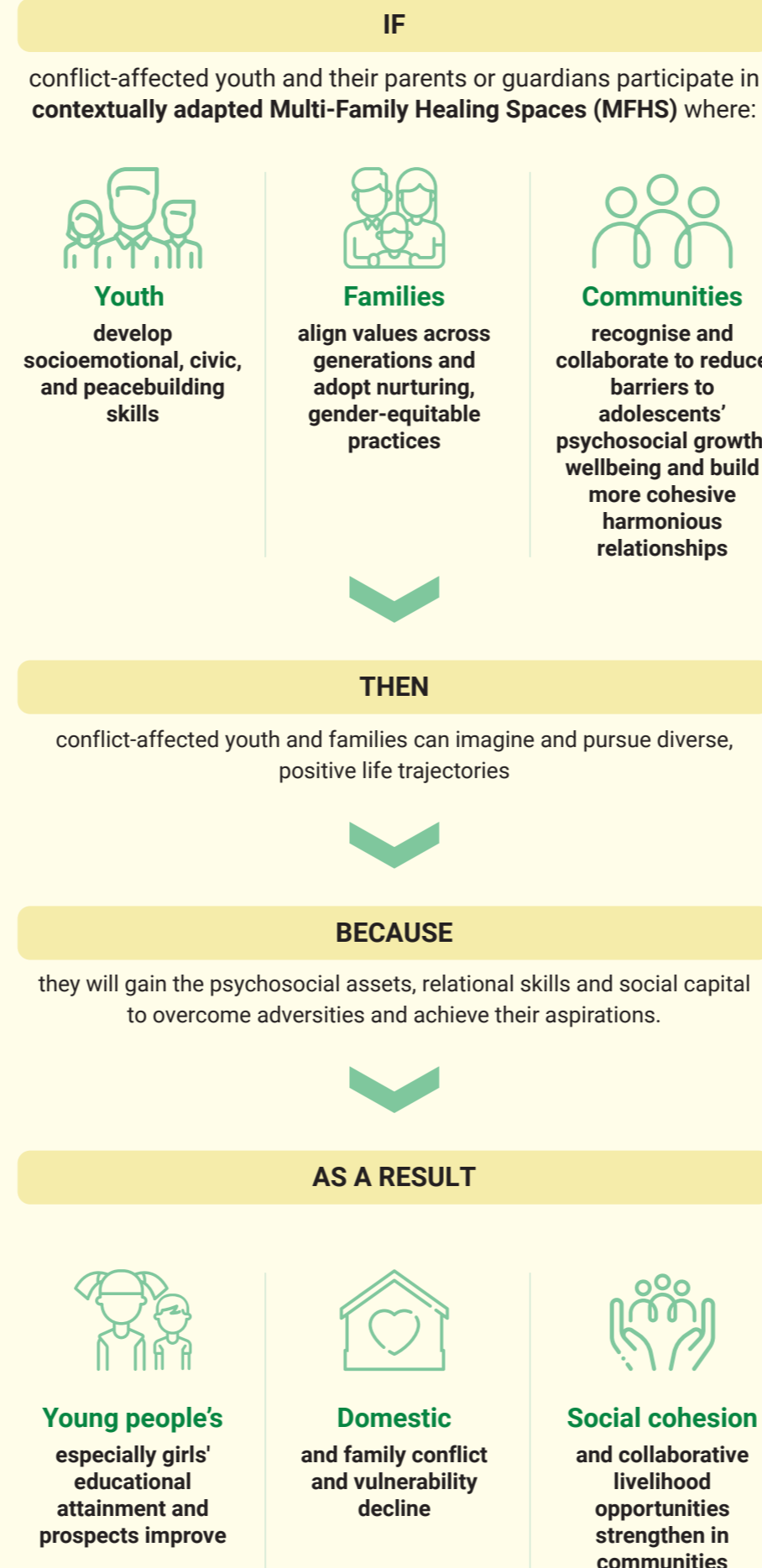
- **Family Healing Spaces** – build empathy, understanding and address conflict
- **Parents-Only Sessions** – practice democratic, nurturing parenting
- **Youth-Only Sessions** – strengthen self-expression, self-regulation and life skills
- **Intergenerational Spaces** – bridge generations, plan futures together.

In parallel, community consultations engage leaders, schools, and institutions to amplify and sustain change.

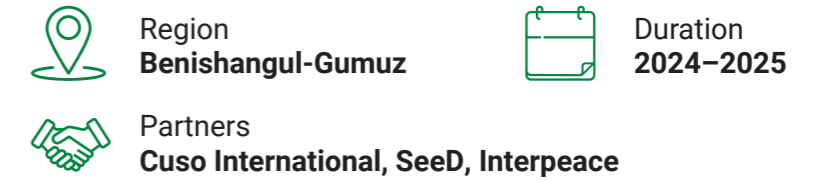
FOUR PHASES OF HEALING AND GROWTH



OUR THEORY OF CHANGE



ETHIOPIA IMPLEMENTATION

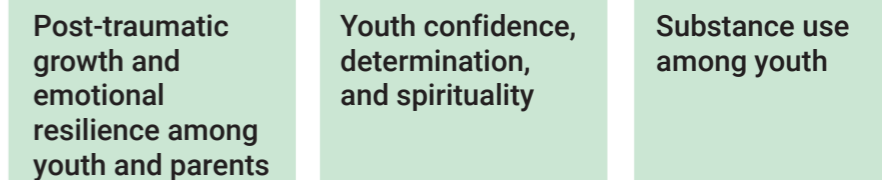


MFHS Ethiopia is inspired by the healing model originally developed and successfully applied in Rwanda, tailoring it to address the unique challenges faced by communities experiencing conflict, displacement, and gender-based disparities. It empowers youth and families to restore relationships, strengthen resilience, and rebuild hope in their communities. The program was implemented over **18 weeks**, through **26 sessions (3 hours each)** with **40 groups**, each bringing together **4-6 families**, specifically tailored to local realities, combining international expertise with national stakeholder insights.

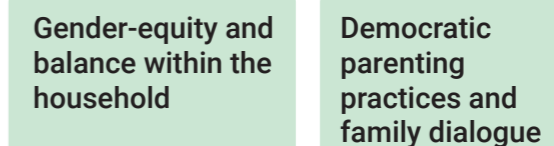
PROJECT RESULTS

What improved

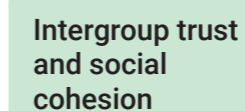
Individual level



Family level



Community level



What needs sustaining and scaling

