

# Get to know us



# The intro

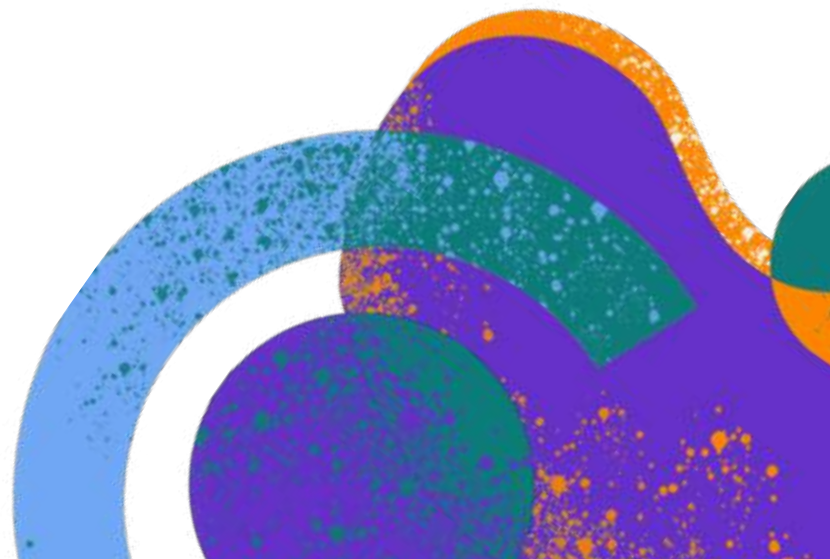
## **Welcome to Paramar Foundation; Transforming the lives of women and girls**

At Paramar Foundation, we believe in the possibility of breaking the cycle of destruction that follows sexual aggression against women and girls. We invest in the power of psychological therapy as an essential tool for the healing and transformation of these brave survivors. Furthermore, we advocate for the normalization of therapy as a path toward recovery and the construction of a healthier and more promising future for women and girls.

This brochure is an invitation to join us in our mission of transformation, specifically focused on women and girls who have faced aggression. As you explore these pages, you will discover who we are, how we work, and how you can contribute to our effort. Together, we can provide hope, healing, and a brighter future for those who need it the most.

Thank you for taking a moment to get to know Paramar Foundation. Your support is essential for us to continue making this transformation possible. Together, we are building a world where psychological therapy is the norm, and where healing is a reality for women and girls who have experienced aggression.

# Hello!



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## Every 2 seconds, a woman or girl does not receive psychological support after a sexual assault, leaving her marked for life.

*The World Health Organization (WHO) defines sexual violence as: "any sexual act, attempt to commit a sexual act, unwanted sexual comments or insinuations, or actions to commercialize or otherwise use a person's sexuality through coercion by another person, regardless of their relationship with the victim, in any setting, including the home and the workplace"*



According to the World Health Organization, the projections are alarming. Over the next 75 years, it is estimated that three billion women worldwide will become victims of some form of sexual violence. This staggering statistic not only reflects a serious global crisis but also serves as a stark reminder of the urgency to take action in order to prevent, support survivors, and tirelessly work towards ending this alarming epidemic of gender-based violence.



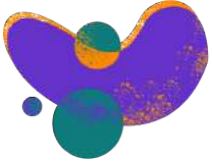
Additionally, an estimated 70% of victims, as per their findings, lack access to essential psychological support following the traumatic experience of assault. This not only highlights the extent of the challenge we face but also emphasizes the critical need to improve access to psychological assistance for survivors.

130K

Furthermore, every year, an estimated 130,000 women and girls who have endured sexual assault tragically take their own lives. This devastating reality serves as a stark reminder of the profound impact of sexual violence, not only on physical and emotional well-being but also on mental health and survival. It underscores the urgent need for comprehensive support, awareness, and prevention efforts to ensure that these vulnerable individuals receive the help they desperately require.

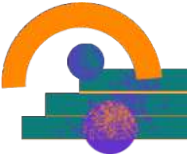
At Paramar Foundation, we are determined to make a difference, to extend a lifeline, and to work tirelessly to prevent such heart-wrenching outcomes by offering support, healing, and hope to survivors.





## Who we are

We are a group of professionals with over 20 years of experience in the fields of clinical psychology and social project management. Our ambassadors and Paramar Foundation's managers have raised and managed funds totaling over \$1 billion USD throughout their careers, generating positive economic and social impacts in various regions through collaborations with organizations such as **Prodis, Ibero-American Commerce Bank, United Nations, Mexican Institute of Sexual Identity, and more.**



## What do we do?

- We provide individualized and personalized therapy sessions, delivered by our team of psychologists, to women and girls who are victims of sexual assault. Sessions are available in both in-person and remote formats and can be conducted on an individual or group basis.
- We run campaigns and offer awareness courses to companies and institutions to help reduce the number of women and girls who are assaulted.



## How do we help?

- We provide a platform for other individuals to contribute to this mission through donations to our projects.
- 100% of the profit from these therapies and courses will be dedicated to provide free psychological support to other women and girls without resources who are also victims of sexual assault.





Our Mission

**To guarantee that every woman or girl who is a victim of sexual assault has access to psychological support**

# Our goals for 2030



We hope to provide psychological support to 250,000 women and girls.



One million free hours of psychological support for women and girls.



25 million dollars invested in social causes.



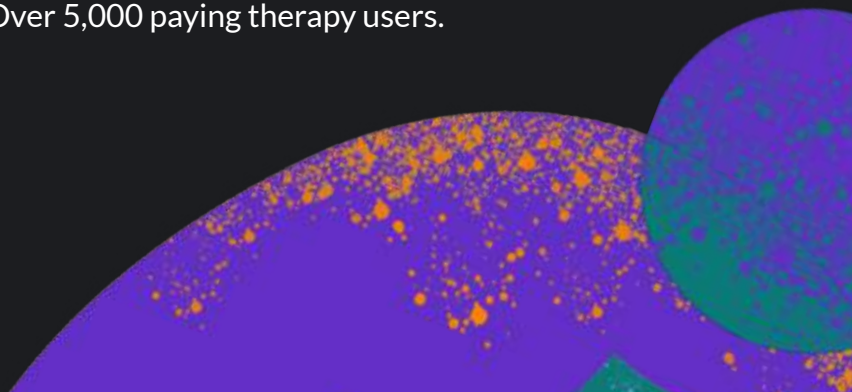
80% of free therapies are in the poorest and most affected countries.



Over a thousand training sessions for public and private institutions.



Over 5,000 paying therapy users.



# Let's collaborate



In our mission to support women and girls who have faced sexual aggression and help them overcome their traumas, collaboration is the cornerstone of our success. We extend a warm invitation for you to be part of this beautiful initiative. Explore how you can join forces with us and contribute to our cause. Whether through volunteering, donations, or becoming an ambassador, your collaboration allows us to bring hope, healing, and a brighter future to those who need it the most.

Join us today and be a driving force in building a world where psychological therapy becomes a reality for women and girls who have experienced aggression and currently lack access to it.

Join hands with us to uplift and empower the lives of women and girls.

# RAINN

For the launch of our foundation, we are developing our first fundraising project with the purpose of donating all the proceeds to RAINN, the largest organization in the United States dedicated to the fight against sexual violence. We collaborate closely with RAINN with the aim of providing them with additional funds to support their program of free therapy for women and girls who have been victims of sexual assaults.



Get to know the people who support and are behind **Paramar Foundation.**

## The team

If you have any questions, do not hesitate to reach out to anyone on our team.



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