



# SINAG

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## Women and Youth as DAWN's Advocates

DAWN celebrates its 24<sup>th</sup> Anniversary

by Masako Ono

**D**AWN celebrated its 24<sup>th</sup> Anniversary with the theme. "Women and Youth as DAWN's Advocates" on February 15, 2020 at DAWN's office.

The celebration began with the singing of the opening song, "Top of the World" by The Carpenters, followed by the opening prayer led by Rev. Ding Morada, DAWN Board of Trustees' (BOT) Secretary. The welcome remarks were spearheaded by DAWN's Executive Director, Carmelita Nuqui.

As part of the tradition of DAWN in celebrating its anniversary, a prayer of commitment was commenced by the following members: Mitzie Petisme (Youth), Zenaida Cuna (Women), Lance Velasco (Volunteer), and Shane Mesa (BOT/Staff). A Candle Lighting Ceremony was held after.

With its celebration of its 24<sup>th</sup> year, various partners and networks gave their congratulatory messages to its members: Prof. Mitsuko Horiuchi, Vice President of DAWN BOT, and Sr. Mary John Mananzan, OSB, DAWN's Advisory Council Member.

Also, there were various dance performances from women, youth, and staff. Mary Joy Barcelona, Alternative Livelihood Coordinator, led the giving of tokens to its members and partners. The event ended with Carmelita Nuqui's closing remarks, followed with the community song, "Grateful" and a group photo. Partners, Women, Youth, and Staff gathered for a salu-salo lunch and some family interaction games with its members.



DAWN members, staff, and partners pose for a group photo during DAWN's 24<sup>th</sup> Anniversary.



DAWN partners and networks during DAWN's 24<sup>th</sup> Anniversary via Zoom.

(to be continued on page 2)



DAWN's Executive Director, Ms. Carmelita Nuqui, giving her welcoming remarks during DAWN's 24<sup>th</sup> Anniversary.



One of DAWN's members, Zenaída Cuna (left) receives her giveaway during DAWN's 24<sup>th</sup> Anniversary.



Whena De Lara and Yukie Ikeda (mother and child) receives their token during DAWN's 24<sup>th</sup> Anniversary.



DAWN Youth members perform their dance presentation during DAWN's 24<sup>th</sup> Anniversary.



From left: Gilda Mosatalla, Luzviminda Antonio, Anna Yambao, Willie Descalzo and Mary Joy Barcelona performs their dance presentation.



Anna Yambao, DAWN member, receives token from Carmelita Nuqui.



One of DAWN's Youth member, Masami Kuraoka, receives a token from Carmelita Nuqui during DAWN's 24<sup>th</sup> Anniversary.



From left: Luzviminda Antonio, Gilda Mosatalla, Anna Yambao, Shane Mesa, Mary Joy Barcelona and Willie Descalzo poses for a picture.



Jemina Shilyn Alnas and Dolores Alnas presented their dance presentation to DAWN members and guests.



Carmelita Nuqui giving a token to Willie Descalzo during DAWN's 24th Anniversary.



Carmelita Nuqui and Shane Mesa give a token to Mary Joy Barcelona during DAWN's 24th Anniversary.



Fritzie Petisme, Zenaida Cuna, and Shane Mesa present their song performance during DAWN's 24th Anniversary.



DAWN Women performing their dance presentation.



Group picture of DAWN women and staff.



Group photo of DAWN members, staff and volunteers.



Masahiro Nakajima, DAWN volunteer, receives a token from Carmelita Nuqui.

# DAWN conducts Exposure Visit to Baguio

by Mary Joy E. Barcelona

Development Action for Women Network - Multi-Purpose Cooperative (DAWN-MPC) in partnership with Voice-PH conducts an exposure visit to Baguio on January 11, 2020.

With this partnership, DAWN-MPC was able to explore Baguio, one of the places in the Philippines that sustains the handloom weaving tradition.

The exposure trip serve as a learning experience in discovering more about the handloom weaving industry and as an inspiration in creating authentic designs that reflects Philippine Culture.

DAWN-MPC members were able to visit Narda's Handwoven Arts and Crafts Store, one of the known handloom weaving store in Baguio. The store was founded by Narda Capuyan, who started weaving Philippine blankets from recycled acrylic yarns in La Trinidad, Benguet in 1972.

Members were able to see various products from Narda's Handwoven Arts and Crafts such as clothing, bags, scarves, and other items as inspiration in creating future SIKHAY products. They also tried out their handloom weaving machines.

The members were able to explore other famous attractions in Baguio, Benguet such as; Valley of Colors "Colors of StoBoSa" in La Trinidad, Benguet; Lourdes Grotto in Dominican Hill Road, Baguio; Baguio Botanical Garden; La Trinidad Strawberry Farm; Bell Church in La Trinidad, Benguet; The Mansion in Baguio-Bua-Itogon Road, Baguio; and Mines View Park in Gibraltar Road, Baguio.

DAWN-MPC members also tried wearing the traditional clothing of the locals in Benguet and ate some of their famous delicacies during the exposure trip.

To more empowering women migrants through cooperative!



DAWN-Multi-Purpose Cooperative (DAWN-MPC) members visit the Valley of Colors also known as Colors of StoBoSa in La Trinidad, Benguet.



DAWN-MPC members, Shane Mesa and Eien Antonio, explore the weaving machines from Narda's Handwoven Arts and Crafts.



*DAWN-MPC members eats lunch in a restaurant in Baguio.*



*DAWN-MPC members visit Narda's Handwoven Arts and Crafts in Baguio.*



*DAWN-MPC members visit the Baguio Botanical Garden and meet the locals of Benguet.*



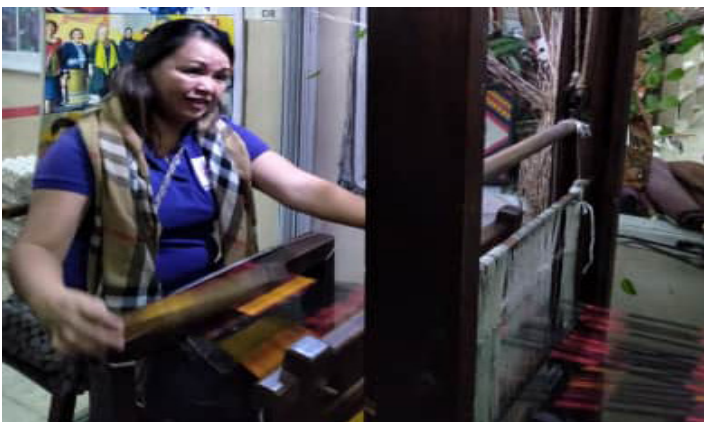
*Ms. Gilda Mosatalla, DAWN-MPC member, checks various products of Narda's Handwoven Arts and Crafts.*



*DAWN-MPC members, Anna Lissa Junio and Jonalyn Bocomo, check the different handwoven products.*



*DAWN-MPC members visit the Lourdes Grotto in Dominican Hill Road, Baguio.*



*DAWN-MPC Chair, Luzviminda Antonio, tries out the handloom weaving machine in Narda's Handwoven Arts and Crafts.*



*Ms. Luzviminda Antonio checks the various handwoven clothing in Baguio.*

# DAWN conducts Women Forum on Migrant Women Concerns

by Mary Joy E. Barcelona

DAWN conducted a forum on “Empowering Women Through Cooperative: Forum on Women Migrant Concerns” on February 1, 2020 at Bayleaf Intramuros Manila.

DAWN, with the grant by Voice-PH, Ministry of Foreign Affairs of the Netherlands and managed in consortium by Oxfam Novid and Hivos, conducts a series of activities in empowering women through cooperative. The said event serves as a platform for sharing the challenges and opportunities they have encountered in the past and the impact of DAWN-MPC in the lives of the women migrants and their families. There were various guests from the academe, CSOs, private sectors, and migrants and their families.

Members of DAWN also shared their life stories: Ms. Zenaida Cuna and Ms. Gilda Mosatalla (DAWN Women) shared about “Life After Working Abroad,” Mr. Eien Antonio, Ms. Mitzie Petisme, and Ms. Masako Ono shared their life journey in “Encountering Challenges & Empowering the Youth.” With these testimonies, it also empower other members to be strive hard to be successful in life.

Guests and speakers also talked about “Emerging Economic Opportunities for Migrant Returnees,” “Issues and Concerns of Women Migrant Workers,” and “Health is Wealth: Women’s Self-care.” DAWN’s partners and mentors gave inspirational messages wherein members were empowered and inspired to continue their dreams and aspirations in their lives.

Guests and speakers were given token and certificates for sharing their experiences and expertise to DAWN members. These were facilitated by DAWN’s Multi-Purpose Cooperative Chair, Ms. Luzviminda Antonio, and DAWN member, Ms, Annaliza Yambao.

DAWN Women and Youth also presented a back-to-back theater performances of *Iba’t-Ibang Mukha ni Misty* and *Regalo/The Gift*. These tackled the issues and challenges of women migrant workers and members of their families.

DAWN’s partners and networks also gave some inspirational messages to its members in continuing its mission to help others, to spread the awareness of women migrant concerns and members of their families, and the importance of sustaining a cooperative in an organization.

The event ended with a photo opportunity.



DAWN members, partners and staff pose for a group photo during the Empowering Women Through Cooperative: Forum on Women Migrant Concerns on February 1, 2020 at Bayleaf Intramuros Manila.



DAWN’s Executive Director, Carmelita Nuqui gave her welcome remarks during the Forum on Women Migrant Concerns on February 1, 2020 at Bayleaf Intramuros, Manila.



Ms. Luzviminda Antonio, DAWN Multi-Purpose Cooperative Chair, gave her opening message during the Forum on Women Migrant Concerns.



Mr. Lito Soriano receives his Certificate of Appreciation as one of the resource speakers in the forum.



Dr. Tsuyoshi Imai shares an inspirational message to DAWN members and partners in continuing its mission of helping migrant women workers.



Mr. Lance Velasco, Dr. Diosdado Mariano, Ms. Carmelita Nuqui and Ms. Connie Samson of UNILAB-Biofemme.



Dr. Hilda F. San Gabirel and Prof. Zandro T. Estella of PUP receive certificates of recognition as resource speakers in the forum.



Ms. Mitzie Petisme, Mr. Eien Antonio and Ms. Masako Ono shared their stories during the forum.



Ms. Gilda Mosatalla and Ms. Zenaida Cuna shares their life stories to DAWN members and partners during the forum.



DAWN Youth members performed their "Regalo" presentation during the back-to-back performance of Teatro Akebono.



DAWN Women performed their play, "Iba't-ibang Mukha ni Misty," during the back-to-back performance of Teatro Akebono.

# Nakajima-san's Nihongo Lesson to DAWN-JFC

by Masako Ono

One of DAWN's volunteers, Mr. Nakajima Masahiro, conducts Nihongo Lesson to DAWN Youth on February 22, 2022 at the DAWN Office.

While staying here in the Philippines, Nakajima volunteered to DAWN by providing Nihongo and cultural lessons to DAWN Youth members. This is one way also for the youth to get to know more about their Japanese roots.

Nakajima-san also taught the youth on the various Japanese greetings and expressions that Japanese people use in their daily lives. He also taught them on how to write their names in hiragana characters.

Thank you Nakajima-san for volunteering in DAWN!



(Counter-clockwise;) DAWN volunteer, Nakajima Masahiro; DAWN Youth: Nobuyuki Mosatalla, Eien Antonio, and Keigo Mosatalla.

# Nagasaki University visits DAWN

by Masako Ono

The Borderless Action Team (BOAT) students from Nagasaki University visited DAWN for a study tour on February 22, 2022 at DAWN's office.

BOAT is an NGO founded by students from Nagasaki University who are interested in joining international cooperation opportunities and overseas volunteer work. Part of their study tour was to visit DAWN and learn their programs and services for Japanese-Filipino Children (JFC) in the Philippines.

There were various activities that were held with the Nagasaki University students, such as a discussion about being a JFC, and playing the traditional Japanese card game, AIUEO Karuta Game.

Students were able to learn also DAWN's alternative livelihood program, SIKHAY, and its products made by DAWN women.

Thank you for visiting and advocating our cause, BOAT Team!



Group photo of BOAT Team from Nagasaki University and DAWN women and youth members and staff.



Ms. Luzviminda Antonio, Weaving Coordinator, shows the different SIKHAY products to the BOAT team from Nagasaki University.



Group photo of BOAT Team and DAWN Youth members after playing the KARUTA card game



# DAWN joins EU Gender Champions 2020

by Mary Joy E. Barcelona



DAWN Executive Director Carmelita Nuqui with (from left) Ambassador Nicolas Gale of France and Ambassador Bita Rasoulia of Austria poses for a photo during the EU Gender Champion 2022 event.

DAWN attends the launch of EU Gender Champion as a jumpstart of the celebration of Women's Month at the Austrian Residence in Makati on March 2, 2020.

The European Union (EU) launched a number of activities in this year's Women Month in collaboration with Austrian Ambassador to the Philippines, Bita Rasoulia, leading the campaign in EU Gender Champion in the Philippines 2020. As the designated EU Gender Champion, she will spearhead engagement with stakeholders advocating an equitable and inclusive society in the country. Rasoulia says that she vowed to actively engage partners and stakeholders in the Philippines on the promotion of gender equality and women's rights.

With the EU's commitment to Gender Equality and Women Empowerment in the Philippines, DAWN is looking forward to a fruitful partnership with them in promoting the welfare of women migrants and members of their families.



From left: DAWN Executive Director with Manila Vice Mayor Honey Lacuna and Mr. Charlie Duño of the Manila Department of Tourism, Culture and Arts at the EU Gender Champion 2020.



Ambassador Bita Rasoulia gives a speech as she receives the EU Gender Champion Award 2020.

## SUBSCRIPTION

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# DAWN partners with Rights Corridor

by Mary Joy E. Barcelona



From left: DAWN's Executive Director, Ms. Carmelita Nuqui; Task Force on ASEAN Migrant Workers (TFAMW)'s Regional Coordinator, Mr. Sinapan Samyodorai; Law and Policy Forum for Social Justice (LAPSOJ)'s human rights lawyer, Mr. Anurag Devkota; and Rights Corridor Managing Director, Mr. Froilan Malit Jr. at the launching of the Rights Corridor on February 17, 2020 at Sheraton Manila Bay Hotel.

DAWN partners with Rights Corridor in providing information on human and labor rights news, researches, policies, and initiatives about migration at Sheraton Manila Bay Hotel on February 27, 2020.

Rights Corridor launched its online portal, containing various up-to-date news, researches, policies, and articles on human and labor rights and migration in Asia and the Gulf Regions.

With its Managing Director, Mr. Froilan Malit, Jr., their aim is to: (1) provide constructive, up-to-date analysis on the human and labor rights issues through research, policy publications and news reporting; (2) develop evidence-based policy dialogues on human and labor rights; and (3) recommend an inclusive, practical policy prescriptions for key stakeholders, including governments, migrants, CSOs, journalists, international organizations, lawyers, and other public advocates.

DAWN's Executive Director, Ms. Carmelita Nuqui, gave the opening remarks, discussing the migration scenario in the region and how the Rights Corridor may help in promoting the rights of migrants.

The event was attended by various partner government agencies, international organizations, non-profit organizations, and different members of the international media and in the Philippines.



**“The Development Action for Women Network (DAWN) partnered with Rights Corridor in order to continue to champion the rights and welfare of our women migrant returnees and members of their families through updated and evidence-based policy recommendations and implementation.”**

**Carmelita Nuqui**

Ms. Carmelita Nuqui giving her opening remarks during the launching of the Rights Corridor on February 17, 2020 at Sheraton Manila Bay Hotel.



Rights Corridor Managing Director, Mr. Froilam Malit, Jr., presents the aims of Rights Corridor as an online regional news platform and policy research.



Law and Policy Forum for Social Justice (LAPSOJ) human rights lawyer, Mr. Anurag Devkota, shares his advocacies concerning migrant workers.



Task Force on ASEAN Migrant Workers (TFAMW)'s Regional Coordinator, Sinapan Samyadorai, discusses the challenges and opportunities migrants faced in Asia.



From left: Mr. Sinapan Samyadorai, Ms. Carmelita Nuqui, Ms. Froilan Malit, Jr., and Mr. Anurag Devkota during the launch of Rights Corridor.



Photo opportunity of the various keynote speakers, partners, and attendees during the launching of the Rights Corridor at Sheraton Manila Bay Hotel.

## People, Places, Events



Asec. Ameenah and Ms. A'isha A. Fajardo of the Department of Trade and Industry (DTI) visit DAWN on February 4, 2020.



Meeting with Dir. Celia Elumba of Department of Science and Technology - Philippine Textile Research Institute (DOST-PTRI), Mrs. Anna R. Lagon and Mr. Leo R. Lagon of Power Fashion Inc. on February 5, 2020.



Meeting with Kevin and Adrienne Charuel of Maison Mètisse on February 5, 2020.



Atty. Yvette T. Coronel and Ms. Carina D. Urbano of DOJ-IACAT visit DAWN on February 15, 2020.



Mr. Luis Manalang and Ms. Ethel Cerdan of DTI-Design Services shares insights on improving SIKHAY products on February 19, 2020.



DTI - National Capital Region Office (DTI-NCRO) Chief Trade-Industry Development Specialist, Ms. Corona Olivia Rivera and her team with DAWN's Executive Director, Ms. Carmelita G. Nuqui browsing at SIKHAY products.

# DAWN joins Rights Corridor Dialogues

by Masako Ono

Development Action for Women Network (DAWN) joins the Rights Corridor Dialogues on September 18, 2020 via Zoom and Facebook live.

The said dialogue centered on Migration and Diaspora Philanthropy in the Gulf: Issues, Insights, and Policy Options. It also discussed the effects of the COVID-19 pandemic in migration and issues that migrant workers were facing.

DAWN's Executive Director, Carmelita G. Nuqui, introduced the concept of the webinar and shared the experiences and challenges of migrant workers in the Philippines.

On the other hand, Ms. Ekaterina Porras Sivolobova discussed the importance of promoting hope and justice, as well as awareness on various human rights amidst the pandemic.

Ms. Laliebeth Petancio shared her experience in starting an initiative in Abu Dhabi wherein volunteers provide relief goods to individuals who lost their jobs due to the pandemic. The initiative was even extended in the Philippines and were able to help the children of OFWs.

The event ended with a one-minute summary of all of the speakers involved in the webinar.



Rights Corridor's Managing Director, Mr. Froilan Malit, Jr., (left) presents the resource speakers and DAWN's Executive Director, Ms. Carmelita Nuqui, introduces the topic of the webinar.



Ms. Ekaterina Porras Sivolobova (left) and Ms. Laliebeth Petancio (right) sharing their insights based on the webinar's topic.

**RC/DAWN Dialogues**  
September 18, 2020  
Join us on Facebook Live

**Migration and Diaspora Philanthropy in the Gulf: Issues, Insights, and Policy Options**

**Speakers**

 **Ekaterina Porras Sivolobova** has more than a decade of experience in researching, documenting and solving Human Rights issues. She is the founder of Project 189, an organization focusing on the promotion and protection of migrant workers with a specialized focus on migrant women in the Gulf. In 2018 she was selected as a Spark of Hope - an initiative by The Elders founded by Nelson Mandela - as one of 100 grassroots organizations that work to promote hope and justice among the most vulnerable communities in the world.

 **Laliebeth Petancio** has a Masters degree in Mathematics; a teacher by profession who has taught at the tertiary level for more than 15 years at the Bukidnon State University in Mindanao. During the peak of the COVID-19 pandemic, she initiated and launched a volunteer group (Tawid Covid Correspondents-Abu Dhabi) to respond to compatriots plight for relief due to no work, no salary, termination from jobs and related pandemic challenges. The relief initiative goes even to Philippines to extend help to sick kids of OFWs.

**Introduction**  
  
**Carmelita Nuqui**  
Exec. Dir., DAWN Philippines

**Moderator**  
  
**Froilan Malit, Jr.**  
Managing Dir., Rights Corridor  
Cambridge University



SINAG (akebono or yoake in Japanese) means *dawn* or *daybreak*.

It is the quarterly publication of the Development Action for Women Network (DAWN), a non-government organization devoted to issues concerning migrant women returnees and their children/youth.

#### EDITORIAL TEAM

Carmelita G. Nuqui  
Masako Ono  
Lance A. S. Velasco

#### CONTRIBUTORS

Mary Joy E. Barcelona  
Masako Ono

**LAYOUT:** Masako Ono

# DAWN-BEM collaborates for a Webinar Series on MHPSS for Migrant Workers

by Masako Ono

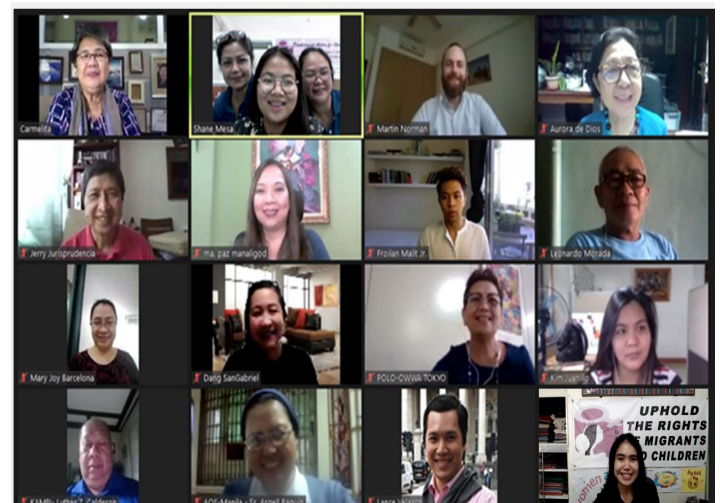
DAWN in collaboration with the British Embassy Manila (BEM) hold a webinar series on Mental Health and Psychological Support for Migrant Women Returnees (MWR) and Those in Destination Countries in the Midst of the COVID-19 Pandemic on October 14, 17, 21, and 24, 2020, 2PM to 4PM (Manila), 10AM to 12NN (Dubai), and 7AM to 9AM (London) via Zoom and live at DAWN's Facebook page.

The official poster of DAWN-BEM's collaboration for a webinar series Mental Health and Psychological Support (MHPSS) for Migrant Women Returnees (MWR) and Those in the Destination Countries.

On October 14, 2020, the webinar on Mental Health and Psychological Support (MHPSS) for Migrant Women Returnees (MWR) and Those in the Destination Countries was discussed by the following speakers: Dr. Jerry J. Jurisprudencia, PhD, RGC, CSCLP, RPsy and Dr. Ma. Paz a. Manaligod, PhD, RPsy.

Dr. Jerry Jurisprudencia discusses the different aspects of health in Webinar 1.

Dr. Ma. Paz A. Manaligod shares her insights on problem-focused coping in Mental Health.



Group photo of the participants during the DAWN-BEM Webinar 1 series.

On October 17, 2020, the webinar on Gender-Based Violence and Migrant Rights focused on the various gender-based violence that OFWs encounter abroad or in their home country. The following are the resource speakers of the said webinar: Prof. Aurora Javate De-Dios, President, DAWN BOT and Senior Project Director, WAGI; and Dr. Socorro L. Reyes, PhD, Regional Gender and Governance Adviser, Center for Legislative Department (CLD).

Prof. Aurora Javate-De Dios discusses how violence against women can affect women migrant workers amidst the threat of the COVID-19 virus.

## Impact of COVID 19 on Women Migrant Workers

- *Since women have* become the *breadwinners* in the family , loss of jobs means loss of income on which daily family sustenance depends . The prospect of deepening poverty and starvation has already become evident in many poor household in the Phil;
- Since they have very little savings and lack social protection, the risk of contamination of COVID 19 is possible;
- Without jobs and salaried , many migrant workers including are stranded in ports, airports and streets ;
- Without health insurance , migrants are at risk of being infected with COVID;

Prof. Javate-de Dios shares the various impacts of the COVID-19 virus, especially to our women migrant workers.

## WOMEN MIGRANT WORKERS AND THE ECONOMY

DR. SOCORRO L. REYES  
CENTER FOR LEGISLATIVE DEVELOPMENT

Dr. Socorro Reyes of CLD, discusses the effects of the COVID-19 virus in Philippine economy.

## REMITTANCES

- Globally, financial remittances from migrant workers: \$580B (2015) surpassing ODA and almost same level as FDI (WB, 2016)
- In RP, Annual Remittances: 8-10% of GDP
- Sent \$24.3 B in cash remittance in 2014 (BSP, 2014)
- RP is among top 3 remittance recipient countries (World Bank, 2014)
- Provided cushion to economy during global financial crisis (DOLE, 2011, 2013)
- With the pandemic, WB estimates that remittances would fall by 20% in low and middle income countries

Source: UN Women Fact Sheet on "Filipino Women Migrant Workers"

Dr. Reyes shares that the remittances from migrant workers surpassed during the pandemic.

On October 21, 2022, Stress Management and Coping Strategies for Resilience Building was the center of the discussion of the webinar. The resource speakers of the said webinar are the following: Dr. Jerry J. Jurisprudencia, PhD, RGC, CSCLP, RPsy and Dr. Ma. Paz A. Manaligod, PhD, RPsy.

## 4 Types of Stress



Dr. Jurisprudencia highlights the 4 Types of Stress and its causes during the webinar.

## HELPING SKILLS FOR PFA

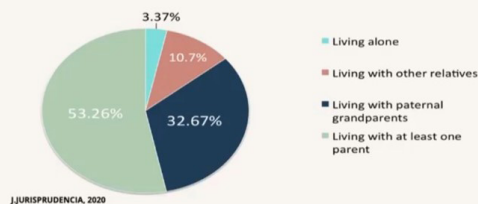
Ma. Paz A. Manaligod, PhD, RPsy, RGC

Dr. Manaligod shares the various helping skills in Psychological First Aid (PFA).

The webinar on October 24, 2022 stresses on Parenting in the light of COVID-19: Strengthening Family Relationships. Dr. Jerry J. Jurisprudencia, PhD, RGC, CSCLP, RPsy and Ms. Beatrice Alison Sison, RPsy, CSCLP were the speakers for the said webinar.

## PARENTING DISTRESS & CHALLENGES OF MWR + MWW

### Living Situation of Left-Behind Children



Dr. Jurisprudencia discusses the data on the living situation of left-behind children.

## Family Resilience

### Beliefs Organization Communication

**Beliefs**  
Shared beliefs help family members find **meaning** in adversity, cultivate hope and a **positive outlook**. They can be tied to faith or **spirituality**, giving individuals a bigger purpose. They help members see the crisis as a transformative opportunity for growth and foster a "can-do" attitude.

**Organization**  
Refers to family structure, mutual support and **connectedness**. Resilient families possess both **flexibility** and stability – they are open to change, while remaining nurturing and dependable. Their connectedness enables them to establish security and collaboration within the family, and their **social networks** in times of need.

**Communication**  
Communication is open and **clear**, tolerant and encouraging. **Emotions** and opinions are expressed freely, fostering a proactive and collaborative spirit of **problem-solving**. Family members can approach adversity with empathy and resourcefulness.

Dr. Manaligod emphasizes the three elements of Family Resilience in strengthening family relationships.

British Embassy Manila's Second Secretary, Political, Mr. Martin Norman led the opening remarks and webinars were facilitated by DAWN's Executive Director, Ms. Carmelita Nuqui and Rights Corridor's Managing Director, Mr. Froilan Malit, Jr.

# DAWN-BEM Trainers' Training Webinar Series

by Mary Joy E. Barcelona

DAWN in collaboration with the British Embassy Manila (BEM) hold a trainers' training webinar series on Mental Health and Psychological Support Services (MHPSS) from November 17, 19, 24, and 27, 2020, 2PM to 4:30PM (Manila), 10AM to 12:30NN (Dubai), and 7AM to 9:30AM via Zoom and live at DAWN's Facebook page.

## Part II: Training-Workshops on Mental Health and Psychosocial Support Services (MHPSS)

**Speakers:**

- Jerry J. Jurisprudencia, PhD, RGC, CSCLP, RPsy**  
Speaker - Webinars 21, 23, 24
- Ma. Paz A. Manaligod, PhD, RPsy**  
Speaker - Webinars 21, 23, 24
- Prof. Aurora Javate-de Dios, President, DAWN, BCT, Senior Project Dir., WAGI**  
Speaker - Webinar 22
- Jean Encinas-Franco, PhD, Associate Professor, UP Political Science Department**  
Speaker - Webinar 22

**Facilitator:** Lance A. S. Velasco, DAWN/PWAW

**Moderator:** Carmelita G. Nuqui, Executive Director, DAWN, President, PWAW

**Webinars:**

- WEBINAR #2.1:** Mental Health and Psychosocial Support (MHPSS), Psychological First Aid (PFA), Stress Management, and Coping Strategies. November 17, 2020 (Tue). 2-4:30pm (Manila) | 10am-12:30pm (Dubai) | 7-9:30am (London)
- WEBINAR #2.2:** Gender-Based Violence and Migrant Rights. November 19, 2020 (Thu). 2-4:30pm (Manila) | 10am-12:30pm (Dubai) | 7-9:30am (London)
- WEBINAR #2.3:** Basic Counselling Techniques, Empathy, and Compassion Building. November 24, 2020 (Tue). 2-4:30pm (Manila) | 10am-12:30pm (Dubai) | 7-9:30am (London)
- WEBINAR #2.4:** Strengthening Family Relationships (Psychological Elements and Dynamics). November 27, 2020 (Fri). 2-4:30pm (Manila) | 10am-12:30pm (Dubai) | 7-9:30am (London)

The webinar's poster of DAWN-BEM collaboration for a trainers' training workshop on Mental Health and Psychosocial Support Services (MHPSS).

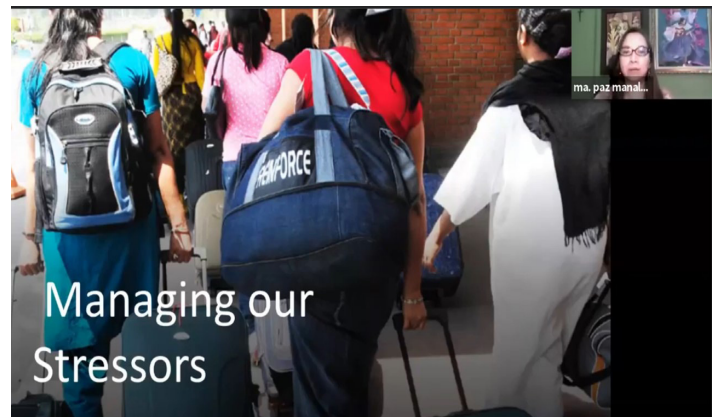
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### COVID-19 IMPACT ON MIGRANT WOMEN WORKERS (MWW +MWR)

- Work and visa status are uncertain, forced deportation
- Shutdown in migrant support services (cash transfer services)
- Isolation due to language and cultural differences
- Limited freedom of movement due to lockdowns
- Increase risk of community transmission of the Covid-19 virus
- Stigma (positive with Covid-19 or not)

JURISPRUDENCIA, 2020

Dr. Jerry Jurisprudencia discusses the impact of the COVID-19 virus to migrant women workers and returnees.



Dr. Paz Manaligod shares the various ways on how to manage our stressors during the pandemic.

On November 19, 2020, the webinar on Gender-Based Violence and Migrant Rights was discussed by the following speakers: Prof. Aurora Javate-De Dios, DAWN-BOT's President and Miriam College's Women and Gender Institute (WAGI) Senior Project Director; and University of the Philippines Political Science Department's Associate Professor, Dr. Jean Encinas - Franco.

### Challenges in Implementation of Women Migrant Rights and Protection Measures in the Time of COVID

Prof. Aurora Javate de Dios  
Women and Gender Institute  
November 19, 2020

Prof. Aurora Javate-de Dios shares her insights on the different challenges in the implementation of women migrant rights and some protection measures amidst the COVID-19 virus.

### Why Do Migrant women workers need protection

- Low paid, vulnerable jobs like domestic work;
- Multiple discrimination – based on class, gender ethnicity and occupational category;
- Absence of human rights and legal protection since they are considered WORKERS and are not protected laws;
- The nature of domestic work makes them vulnerable to all forms of abuse, exploitation as well as sexual violence;

Prof. Javate-de Dios emphasizes that women migrant workers need protection with or without the COVID-19 pandemic.

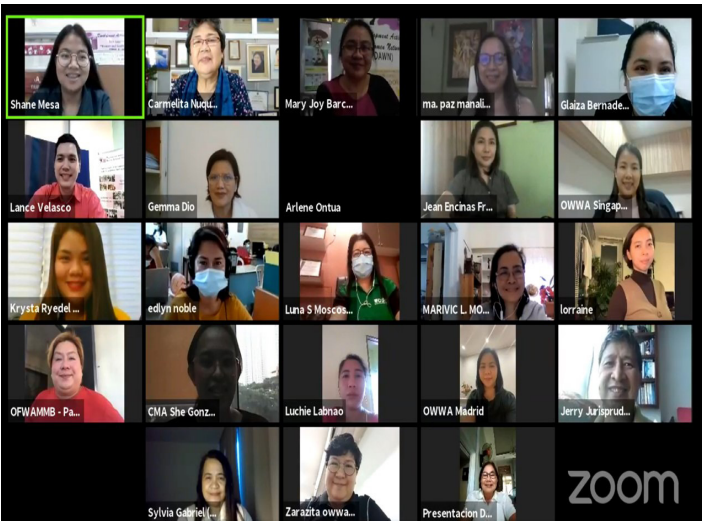




Dr. Jean Encinas-Franco shares her expertise on women migrants and gender-based violence that they experienced, especially amidst the pandemic.



Dr. Jurisprudencia, emphasizes the significance of acknowledging one's trauma in order to overcome it.



Group photo of the participants during the webinar on Gender-Based Violence and Migrant Rights.



Dr. Paz Manaligod, shows the components needed for effective helping as a trainer in counselling.

### Discussion Points

- From the line of work that you do, what are the challenges you faced in protecting the rights of women migrants in this pandemic?
- What do you think can be done to overcome these challenges from the point of origin and destination countries?

DAWN's Program Coordinator, Lance Velasco facilitates, the Open Forum starting with two discussion points on the webinar on Gender-Based Violence and Migrant Rights.

The next two webinars tackles the various techniques on counselling, empathy, compassion, and elements on strengthening family relationships. The speakers for these series are: Dr. Jerry J. Jurisprudencia, PhD, RGC, CSCLP, RPsy and Dr. Ma. Paz A. Manaligod, PhD, RPsy.

On November 24, 2020, the webinar focused on how to conquer traumas and various ways on counselling as a trainer. Various tips to trainers were also discussed in the said webinar.

On November 27, 2020, the webinar highlighted the different psychological elements and dynamics on strengthening family relationships. Speakers shared also the various suggestions on how to establish good communication with our families amidst the pandemic.

### Communication

- Problem solving

THE FIVE PRIMARY STEPS IN PROBLEM SOLVING

1. Analyze the causes to the unwanted situation
2. Generate a set of alternative interventions to achieve your end goal
3. Evaluate the best solutions
4. Implement a plan
5. Assess effectiveness

Dr. Manaligod discusses how communication is essential in establishing good relationship with our family members.

The webinars were moderated by DAWN Executive Director Carmelita G. Nuqui and Mr. Lance A.S. Velasco of DAWN/PMRW.

## Usec. Emmeline Aglipay-Villar of DOJ-IACAT visits DAWN

by Masako Ono



DAWN's Alternative Livelihood Coordinator, Ms. Mary Joy Barcelona, and DAWN's Weaving Project Coordinator, Ms. Luzviminda Antonio, showing Usec. Emmeline Aglipay - Villar the SIKHAY products made by DAWN women members.

On March 6, 2020, Undersecretary Emmeline Aglipay-Villar of the Department of Justice (DOJ) - Inter-Agency Council against Trafficking (IACAT) visited DAWN for possible partnerships and initiatives at the DAWN Office.

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*It's not easy to pick yourself up and start again after being a victim of human trafficking...*

*Ms. Emmeline Aglipay - Villar*

IACAT refers some Trafficking in Persons (TIP) victims to DAWN to be part of its SIKHAY Program.

DAWN also presented its SIKHAY Project, short for *Sikap-Buhay* which means *striving for a better life or self-empowerment* to Usec. Emmeline Aglipay - Villar. It presently consists of sewing and handloom weaving. It showcased the various livelihood activities which serve as effective tools for the empowerment of women.

Usec. Aglipay - Villar also discussed the possible market of SIKHAY project and its products with DAWN's Executive Director, Ms. Carmelita Nuqui, and DAWN's Alternative Livelihood Coordinator, Ms. Mary Joy E. Barcelona.



Usec. Emmeline Aglipay - Villar with DAWN's Executive Director, Ms. Carmelita Nuqui and Ms. Mary Joy Barcelona discussing plans to further market SIKHAY products.

# DAWN 2020 YEAR-END Report

by Mary Joy E. Barcelona and Masako Ono

Despite the COVID-19 faced by our country in general in the year 2020, there were still a lot of things to be thankful for. We were able to overcome the obstacles with the new normal set-up. We are grateful for the hard working women and youth of DAWN for their commitment in the realization of our vision for women migrant returnees.

DAWN on February 18, 2020, celebrated its 24<sup>th</sup> year with the theme: “Women and Youth as DAWN’s Advocates.” This is in line with our commitment to continue empowering women migrant returnees and the youth so that they may inspire others as they transform from being victims to survivors to advocates. DAWN continues to provide a holistic approach to the interventions for women and youth through the following:

## SOCIAL SERVICES PROGRAM (SSP)

The DAWN Social Services Program continues to be the entry point for women and children/youth members of DAWN. Intake interviews and DAWN orientation were conducted to prospective members for them to learn about the programs and services being provided.

DAWN’s caseloads as of December 2020 are the following: 28 women and 38 children/youth.

Most of the women were referred by the Embassy of Japan to DAWN. Out of the 28 women, two (2) graduated from college, eight (8) reached the college level, nine (9) graduated from high school, two (2) reached high school level, two (2) graduated in elementary while five (5) completed a vocational course. 93% of women come from the National Capital Region and 7% come from as far as Region IV. Economically, ten (10) women are self-employed, eleven (11) are employed while seven (7) women are being supported by their grown-up children/partner/husband and unemployed.

From the 38 children/youth members of DAWN, twenty (21) are female, and seventeen (17) are male. As for their educational level, one (1) completed his Residency Training on Internal Medicine on December 11, 2020 at UP-PGH, one (1) taking her masteral degree, five (5)



Group photo of DAWN members, staff, and guests during DAWN’s 24<sup>th</sup> Anniversary on February 15, 2020.



DAWN members, staff, and guests lighting of candle during DAWN’s 24<sup>th</sup> Anniversary on February 15, 2020.

are college graduates and now working, five (5) are in college, four (4) are senior high graduates, six (6) in Grade 11 & 12, eight (8) in Grade 7-10, five (5) in elementary and three (3) NOSA.

## Counseling and Life Coaching

DAWN regularly provides counseling and life coaching with feminist perspective to women migrant returnees and their children who are in their youth through group work activities and individual sessions. This brings about their empowerment, self-awareness, self-confidence and personality development. We would like to acknowledge all our partners who were in one way or another been part of the life coaching and collaborative activities provided for the women and youth.

Among the conducted life coaching activities for 2020 are the following:

- Stress Management & Skills Development (September 12, 2020)
- Strengths, Weaknesses and Motivation (September 19, 2020)
- Leadership and Decision-Making Skills (September 26, 2020)
- Values Clarification (October 03, 2020)

## ALTERNATIVE LIVELIHOOD PROGRAM (ALP) – Sikap-Buhay (SIKHAY)

Aside from providing social services to women migrant returnees and their families, DAWN also provides economic interventions through the Alternative Livelihood Program's SIKAP BUHAY (Sikhay), which means Striving for Better Life. Regular assessment and planning meetings are being held to discuss the center-based projects (sewing and handloom weaving). For 2020, three (3) regular members were part of SIKHAY.

Eight (8) home-based projects were assisted among them are: two (2) sari-sari stores; two (2) massage services; one (1) food services; one (1) sewing project; one (1) buy & sell (t-shirt designing); and one (1) peanut butter making. Capability building trainings are provided for the women to continuously equip them with the appropriate skills for the projects.

Currently, the women of Sikhay are able to produce more products with better designs that they can market and sell, bringing about potential increase in sales addressing the women's condition towards economic empowerment.

The following partners supported Sikhay in selling its products: Aki Ning Maisog or the Children of Maisog Enterprise, Inc. which is located at NAIA Terminal 3, Unilab-BIOFEMME annual event, Peace Boat, JICHIRO annual meeting, exhibited by Mr. Akihiro Tamura, DAWN-Japan volunteer, Chiba University-CVP students; YUMEUTA, Global NARUNIA and its regular showroom at DAWN office.

Department of Trade and Industry (DTI) Kapatid Mentor Micro-Enterprise (KMME) Training led to pivoting SIKHAY into masks making and opportunity to sell SIKHAY handwoven washable face mask at DTI Metro Fiesta – online selling event on Dec 2-13, 2020.

Through DAWN, the women are able to tap resources from government agencies that are mandated to provide assistance to returning migrant workers.

In this aspect, the women become aware of the services they are entitled to from the different government agencies. They are able to claim the benefits that returning Filipino workers are entitled to enjoy.

### DAWN - MULTI-PURPOSE COOPERATIVE (MPC)

In line with the grant in 2019 by the Voice-PH, by the Ministry of Foreign Affairs of the Netherlands and managed in consortium by Oxfam Novid and Hivos, conducted the Forum on Women Migrant Concerns, with the theme “Empowering Women Through Cooperative” was held at The Bayleaf Intramuros Manila on February 1, 2020.



*DAWN's Sewing Project Coordinator, Ms. Gilda Mosatalla, prepares SIKHAY handwoven masks.*



*SIKHAY's handwoven washable facemasks made by DAWN women and sold online and in various partner organizations.*

This event attended by 36 guests from the academe, NGOs, private sectors, and migrants and their families. DAWN's Women (Gilda & Zenaida) shared their stories of "Life After Working Abroad." DAWN's Youth (Masako, Eien, and Mitzie) shared their life in "Encountering Challenges & Empowering the Youth." Speakers talked about "Emerging Economic Opportunities for Migrant Returnees," "Issues and Concerns of Women Migrant Workers," and "Health is Wealth: Women's Self-care." There were also inspirational messages from partners and mentors. Members were empowered and inspired realizing the importance of support system and the impact of DAWN-MPC in the lives of migrant returnees and members of their families.

During the General Assembly (GA) last September 30, 2020 the following were elected and appointed as follows: Chairperson – Luzviminda C. Antonio; Vice-chairperson - Anna Liza T. Yambao; Members of the Board – Gilda V. Mosatalla, Mitzie Petisme, and Lance Alexander S. Velasco. Election Committee members – Keigo Mosatalla, Fritzie Petisme, and Masami Angel G. Kuraoka; Audit Committee members – Mary Joy E. Barcelona, Eien Antonio, and Nobuyuki Paulo Mosatalla; Ethics Committee members – Pretzie Joguilon, Maria Rowena De Lara, and Jonalyn Bacomo; Gender and Development Committee members – Masako R. Ono, Christian Angelo R. Lazon and Rizel Anne J. Espiritu; Conciliation/Mediation Committee members – Jemina Shilyn Alnas, Anna Lissa D. Junio, and Mary Jane G. Kuraoka; Credit Committee members – Carmelita G. Nuqui, Perlita Flores and Gemma Comiso; and the Education and Training Committee members – Anna Liza T. Yambao, Maria Dolores Alnas and Yukie Ikeda. Secretary/Treasurer – Shane Ann M. Mesa.

**RESEARCH, EDUCATION AND ADVOCACY PROGRAM (REAP)**

To provide heightened awareness on the issues of women migrant returnees and their families, DAWN continues its efforts to collaborate with various media partners as well as maintain its presence through its existing media platforms, media mileage, tri-media guesting and interviews and newsletters and lobbying for pro-women and pro-OFW laws and policies is one collaboration that DAWN does whole year round with network partners locally and internationally.

DAWN utilizes theater for women and children to express themselves and as an advocacy tool, thus making Teatro Akebono a legitimate theater advocacy group. It presents stories about the plight of women migrant workers and their families.

Theater acting allows the women and their children to express themselves in a creative way, thus becoming therapeutic for them. The women and children through creative collaboration in theater advocacy makes them co-advocates of migrant workers' rights making Teatro Akebono a unique approach in the healing process. Due to the pandemic, the yearly presentation of "The Crane Dog" has been postponed.



From left; Ms. Luzviminda Antonio, Ms. Carmelita Nuqui, and Ms. Anna Yambao during the Forum on Women Migrant Concerns on February 1, 2020.



Group photo of DAWN members, staff and guests performing their back-to-back play presentations, "Misty" and "Regalo."



Group photo of DAWN's members, staff, guests and partners during Forum on Migrant Women on February 1, 2020.

“REGALO” is another advocacy campaign theater play of DAWN’s Teatro Akebono performed by the women and the children/youth. The story is about the cycle of migration from home country - transit - country of destination and upon return. It shows the push and pull factors of migration being dealt by migrant workers in Japan, the realities while they are abroad and its social cost.

The challenges upon return in our homeland and the stigma, identity, abandonment and recognition attached to the children (Japanese-Filipino Children) and the women themselves.

The significant role of civil society organizations (CSOs), non-government organization (NGOs) and government organizations (GOs) for returned women migrants creating a huge impact in the women’s empowerment.

The song and choreography is a collaborative effort from the women and children themselves. It was performed during the DAWN-MPC Forum on Women Migrant Concerns on February 1, 2020 held at The Bayleaf Intramuros, Manila.

DAWN partners with Rights Corridor, an online portal containing researches, policies and articles on migration in Asia and the Gulf Regions. Together, they launched Rights Corridor on February 27, 2020 at the Sheraton Manila Bay. DAWN Executive Director Carmelita Nuqui gave the opening remarks discussing the migration scenario in the region and how Rights Corridor may help in promoting the rights of migrants.

To jumpstart the celebration of Women’s Month, DAWN was part of the launch of the EU Gender Champion last March 2, 2020 at the Austrian Residence in Makati.

The EU Gender Champion, Ambassador Bitá Rasoulían of Austria, presented the European Union’s commitment to Gender Equality and Women Empowerment in the Philippines. DAWN looks forward to a fruitful partnership with EU in promoting the welfare of women migrants and members of their families.

DAWN’s Online Platforms - DAWN updates and maintains its official website, [www.dawnphil.com](http://www.dawnphil.com), and Facebook page, [www.facebook.com/dawnphilippines](https://www.facebook.com/dawnphilippines). DAWN also maintains a Facebook page for its SIKHAY products, [www.facebook.com/sikhayproducts](https://www.facebook.com/sikhayproducts).

DAWN welcomes visitors from different fields here and abroad. This is DAWN’s way of giving back to the communities from the academe, CSOs, government and people’s organizations. We provide the necessary information for research and study tours.

### INSTITUTIONAL DEVELOPMENT

DAWN is an NGO in Special Consultative status with the Economic and Social Council of the United Nation since April 2015.



*From left: Ms. Carmelita Nuqui, Mr. Sinapan Samyodorai, Mr. Anurag Devkota, and Mr. Froilan Malit, Jr. during the launch of Rights Corridor.*



*Various attendees and partner organizations during the EU Gender Champion 2022 event on March 2, 2020.*



*Austrian Ambassador Bitá Rasoulían gives a speech as she receives the EU Gender Champion Award 2020.*

DAWN also have Special Consultation Relationship with the ASEAN Intergovernmental Commission on Human Rights (AICHR) since March 2018.

DAWN is also licensed and accredited by the Department of Social Welfare and Development (DSWD), the Department of Labor and Employment (DOLE) – NCR and the City Council of Manila.

DAWN was granted support by the following: JICHIRO; Vital Voices Global Partnership and VV100; Asia Center – Japan Foundation through NPO – YUMEUTA, Japan; Philippine Embassy Tokyo ALFS Charity Bazaar; and BRDG, Kyoto. DAWN was also able to market SIKHAY products and received donations from friends and visitors.

For staff development, the staff attended the different activities in the Philippines and abroad related to women, children, labor migration and human rights:

- National Policy Dialogue on the Implementation of the ASEAN Consensus on the Protection and Promotion of the Rights of Migrant Workers – March 3, 2020
- Exploratory meeting on creation of a Network on Statelessness – June 25, 2020
- Multi-Stakeholders Coordination of Health Services for Women Migrant Workers on Gender-Based Violence during the COVID-19 Pandemic: A Webinar Consultation – July 14-15, 2020 in partnership with UN Women, Bangkok.

The webinar series from October 14 to December 9, 2020 were all held in partnership with the British Embassy Manila (BEM).

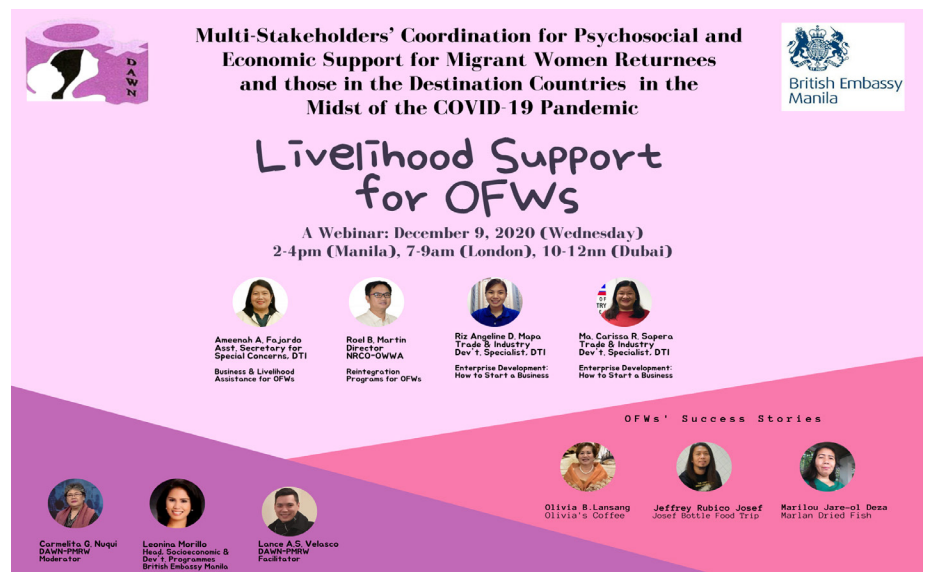
Many of the participants were Welfare Officers (12) from the Philippine Overseas Labor Offices (POLO) in different destination countries, at least five (5) Social Welfare Attachés from the Department of Social Welfare and Development (DSWD) International Social Services Office (ISSO), Regional Field Staff of DSWD, Regional Staff of the Department of Health (DOH), CSOs, migrant worker returnees and their families and those in the destination countries.



The webinar’s poster of DAWN-UN Women Safe and Fair Programme collaboration on Multi-Stakeholders Coordination of Health Services for Women Migrant Workers on Gender-Based Violence during the COVID-19 pandemic and its line-up of resource speakers on July 14, 2020.



The webinar’s poster of DAWN-UN Women Safe and Fair Programme collaboration on Multi-Stakeholders Coordination of Health Services for Women Migrant Workers on Gender-Based Violence during the COVID-19 pandemic and its line-up of resource speakers on July 15, 2020.



DAWN-BEM partnership in a webinar on Liveliness Support on December 9, 2020 via Zoom.

## NETWORKING

We have been collaborating with various stakeholders and network members in the protection and promotion of the rights of women migrant returnees and their families. It is through this program that the presence of DAWN is being felt and its advocacy agenda is being known in local and international arena. DAWN and network partners are able to bring into fore the different issue of Filipino migrant workers (OFW) most especially the distressed women returnees.

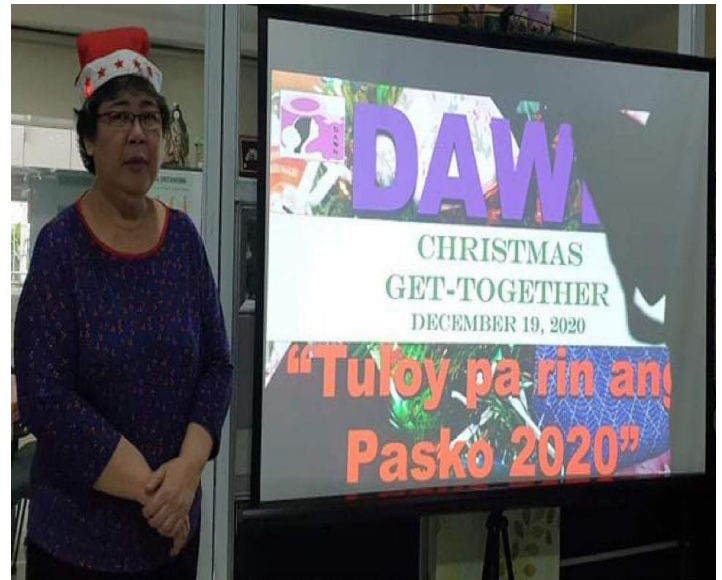
For this year, we have collaborated with the following partners:

BRDG – Kyoto headed by Keiko Yamaguchi; PEACE Boat; JICHIRO; Vital Voices Global Partnership and VV100; YUMEUTA, DAWN-Japan, Polytechnic University of the Philippines (PUP) Extension Management Office - Psychology Department; Biofemme, the Women's Health Subsidiary

of UNILAB, headed by Ms. Concepcion B. Samson, Field Operations Manager; Philippine Migrant Rights Watch (PMRW); Chiba University – Global Volunteer Program; Department of Social Welfare and Development; Overseas Workers Welfare Administration, POEA, Local Government Unit (LGU); various Japan universities: Prof. Wako Asato – Kyoto University, Prof. Chiho Ogaya – Ferris University, Prof. Mayumi Kubota - Kansai University, Prof. Hiroshi Yamada of the Niigata University of International Studies, and Ms. Sachiko Malta of the Global Narunia, Mr. Katzuhiko Ano, Mr. Nobuki Fujimoto – Hurights Osaka and Mr. Natsuyuki Imagawa – YUMEUTA, Regional Inter-Agency Committee Against Trafficking-Anti-Child Pornography, Violence Against Women and their Children (RIACAT-ACP-VAWC); Area Based Standards Network (ABSNET) West Cluster, Inter-Agency Council Against Trafficking (IACAT), NCR Regional Office of the Department of Social Welfare and Development (DSWD-NCR).



From left: Mary Joy Barcelona, Shane Mesa, Gilda Mosatalla, Anna Yambao, Carmelita Nuqui, and Lance Velasco in a gift exchange during DAWN's Christmas Get-Together Party on December 19, 2020 at the DAWN Office.



DAWN's Executive Director, Carmelita G. Nuqui, leads DAWN's Christmas Get-Together on December 19, 2020 at the DAWN Office.

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