

NEWSLETTER



IMANZI COUNSELING CENTER ACTIVITIES MARCH 2022

MENTAL HEALTH CLUBS SECONDARY SCHOOL

In January, we conducted a survey to know how many secondary schools have mental health programs; 80% did not have those programs even though the management expressed the desire for them due to the adolescent problems.

On 16th March, we opened the first mental health club in secondary school in Camp Kigali, where we met 56 students of classes representative to create an environment where by students will have access to mental health resources and services to improve their mental wellness.

this is initiative which will run for a year where we expect to start the program to as many secondary schools as we can.



TEEN MOTHERS PROJECT PSYCHOSOCIAL SUPPORT



In February, we conducted a home visits to 10 teen mothers located Karama cell- Kigali city to assess their livelihood and those of their kids.

on 15th March, we invited them to our office to provide psychosocial support and reproductive health session, this allowed them to share their dreams , their challenges and set goals to better their lives to desirable state. we provided them with pads and hygiene materials.

This programme will last for a year with the aim of restoring confidence and hope in them and improving their lives. we shall be meeting every second week of the month. month for



OUR FOUNDERS

TEEN MOTHERS INITIATIVE ENTREPRENEURIAL SKILLS

on 27th March, teen mothers had a session at Imanzi office, the aim of the program was to teach them on how to prioritize, budget, and be mindful of their finances. through discussion, they highlighted the importance of saving and to remember set resources aside for emergencies. This section was done through the fake notes exercises, whereby everyone was given a paper note with a different amount and shared how they would use them.

Entrepreneurial program shall be done every last week of the month for a whole year to encourage innovation, creativity and inventions among teen mothers.



TRAUMA-BASED FOCUSED REDCROSS SECTOR TEAM



for 2 days; on 22nd & 23 March, we equipped the Red-cross team with skills which will help them to effectively assist people struggling with trauma, considering the time we are approaching of commemoration of 1994 genocide against Tutsi Victims.

we conducted trauma-focused training in Kigali, Rwezamenyo sector at the sector meeting Hall where by 17 Red-cross members were trained on trauma, cause, signs and symptoms and basic skills and techniques. It was an interactive session; the evaluation was done after the training to assess the knowledge acquired and the certificates were provided to the participants.

we shall be conducting trainings to various team in private and public institutions to increase understanding and reduce stigma around mental health.



THE TEAM

MENTAL HEALTH AWARENESS CHANNEL

Rwanda is one of the country in dire need of counseling services. People have limited access to mental health knowledge and information.

we have opened a YouTube channel where by we share information on different mental health disorders, causes, signs& symptoms and how one offer help. The content are in Kinyarwanda and created in the context of Rwandan culture.

youtube channel - @Imanzi counseling center

From the right is Janvier Bikorimana (Project analyst), Dushime Pacis(Country director, Anna Mapendo (counselor), Nina Harris (Creativity director).

UPCOMING ACTIVITIES

The Month of April in Rwanda, is dedicated to commemoration of the victims of 1994 genocide against Tutsi.

We will have the following activities:

- Training the support team for the 1994 Genocide against Tutsi victims.
- providing psychosocial support to the Victim of the 1994 genocide against Tutsi.
- Psychosocial support & entrepreneurial program to teen mothers.
- Getting the insurance cover for teen mothers and their kids.

SPECIAL THANKS TO

We Thank God for his provision & protection.

we are grateful to our founders Anitha Kobusingye and Miranda Farthing for the support!!!!

Thanks to friends of Imanzi who assisted in the month February and march including Mobley Family, Dean Farthing, the Sorrell's, Stefani Stovall, Dashner's, Foy's, Tommy Perkins, and Roger's family.

