



## May Updates From Wounded Healers International.

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1. *Effects of Floods in Kenya- Mary's story.*
2. *Wounded Healers Kenya Project Updates*
3. *WHI, Maine AfroYoga Project Updates*
4. *Call to action*

Hello Friend,

I write to you with a heavy heart as we witness the devastating aftermath of the recent floods that have swept through Kenya.

The recent torrential rains in Kenya have wreaked havoc on communities, leaving devastation and despair in their wake. Over 200 lives have been tragically lost, thousands are displaced, and nearly 2,000 schools have been destroyed. The repercussions of this natural disaster are felt deeply, especially in vulnerable communities like the one we serve at the City of Peace Girl and Women Rescue Center.

Situated just outside Nairobi in an informal settlement, the City of Peace shelter has become a beacon of hope for many families affected by the floods. However, our capacity is stretched to its limits. We can only accommodate eight families, with mattresses in common areas. The situation is dire, with children going hungry, shivering from the cold, and in desperate need of medical attention.



One such story is that of Mary, a beneficiary of Wounded Healers Kenya. Mary, a mother of four, has been part of our women's empowerment program since last year. With our support, she started her business, which flourished, enabling her to provide for her family, pay bills, and even save money through our microfinance program. However, last week's floods swept away everything she had built, leaving her and her children homeless and destitute. Like many others, Mary turned to the City of Peace for shelter and emotional support.

Her story is emblematic of the countless women and children in our neighborhood struggling to

survive in the aftermath of the floods. While we strive to provide hot meals to children, many are still left outside, exposed to the harsh realities of life on the streets.

[This is where we need your help. We cannot do this alone. The needs are urgent, and every contribution counts. Your donation could provide shelter, food, and medical care to families like Mary's who have lost everything.](#)

With hope and gratitude,

**Nuna Gleason**  
**Executive Director**  
**Wounded Healers International**



## May Updates

### Wounded Healers Kenya Project



### The Wounded Healers Kenya Project new Website

The Wounded Healers Kenya project has launched a new website, meticulously crafted to showcase its programs and impactful initiatives, particularly within Kenya to the supporters and partners of the project.

This user-friendly platform serves as both a resource hub for the local community and a strategic tool for directing to relevant resources.

By consolidating program details and highlighting outcomes, the website enhances transparency and fosters engagement with stakeholders.

Through intuitive design, it fosters connectivity between the organization, beneficiaries, and the community, amplifying its impact and fostering partnerships for positive change.

This digital initiative reflects the organization's commitment to



### Our City of Peace Reusable Pad Art Factory.

We firmly believe that investing in rural manufacturing sparks profound women economic development.

Through our City of Peace Empowerment Programs, we've empowered local women with the skills needed to manufacture our reusable menstrual kits, thereby expanding our production capacity to meet escalating demand. With our enhanced capabilities, we can promptly fulfill large-volume and urgent need.

What sets us apart is our unique approach. Our sanitary pads are crafted by women, for women, imbued with care and dedication. Our facility is thoughtfully designed for eco-friendliness and offers a comfortable, aesthetically pleasing workspace.

leveraging technology for social good and advancing sustainable development in Kenya and beyond.

Visit our Kenya Website



### Zahara Girls Soccer Club

In the wake of a successful year with our boys' soccer team at Wounded Healers Kenya, we embarked on an exciting new initiative: introducing adolescent girls' soccer to our rural community.

#### Our aim?

To challenge entrenched cultural beliefs regarding girls' participation in the world's most beloved sport. We believe that soccer could serve as a powerful catalyst for empowering girls and amplifying their voices within the community.

Our girls Soccer initiative is a deliberate effort to reshape attitudes and norms surrounding gender roles in our societies where play has long been viewed as a predominantly male domain, with limited space for girls to participate we aim to dismantle these barriers and demonstrate that girls are just as capable and deserving of sporting opportunities as boys.



### Upcoming Film: Where Peace and Hope Lives.

We're currently in the process of creating a film that aims to amplify stories of perseverance, strength, and resilience from young women who are survivors of sexual violence who encourage hope.

Our film will highlight the profound impact that the City of Peace women's shelter has had on these individuals, showcasing how it has provided them with support and empowerment on their journey towards healing.

It will also focus on how we actively engage boys and men in our efforts to shift the culture of sexual violence in our community.

Through this film, we hope to raise awareness, inspire empathy, and spark meaningful dialogue around the issue of sexual violence, ultimately contributing to positive societal change.



## Partnerships: April sexual violence Month.

In April, Our Maine Afro Yoga Project collaborated with a local organization such as ["In Her Presence"](#) and the ["Maine Association of New Americans"](#) dedicated to supporting immigrant communities, particularly those from the African continent, to raise awareness about sexual violence.

In addition to spreading awareness, we introduced culturally sensitive mindfulness practices to offer support and tools for coping with these communities' challenges as they maneuver life in a new country.

This partnership allowed us to engage with a diverse group of individuals and address the unique experiences and needs of immigrant populations. By incorporating mindfulness into our efforts, we aimed to promote mental well-being, resilience, and self-care, alongside raising awareness about sexual violence.

Through this collaboration, we were able to contribute to the empowerment and healing of immigrant communities, emphasizing the importance of holistic approaches in addressing sensitive issues like sexual violence.



## Afro Yoga and Ubuntu Mindfulness Outreach

Yoga and mindfulness serve as powerful tools for healing in the lives of many individuals, regardless of background or experience. However, for most Africans, yoga is a relatively new concept, as it hasn't been widely available in our countries.

As we continue to explore yoga as a means of healing, we encounter various cultural barriers that often deter immigrants from embracing it, such as language barriers and a lack of instructors who reflect our communities.

Recognizing these challenges, our Afro Yoga Project, led by immigrants themselves, seeks to bridge these gaps. We collaborate with community organizations already serving immigrant populations to introduce them to the transformative potential of yoga in their own spaces.

By offering culturally sensitive yoga sessions, we aim to provide a safe and welcoming space where individuals can cultivate inner peace and resilience, especially in the face of stressful situations.

Through this initiative, we hope to make yoga more accessible and inclusive, empowering individuals to embark on their healing journeys with confidence and support.



## Outdoor Afro

Summer is almost here, and after spending three-quarters of the year indoors, we're eager to embrace the great outdoors again.

Maine, known as Vacationland, is one of the most stunning states in the USA. For many in our immigrant community, the cold weather can be challenging, making the warmer months all the more anticipated.

Through our Outdoor Afro Project, we offer our New Mainer community the chance to revel in the outdoors, soaking in the beauty of Maine's bodies of water.

Our activities include learning how to swim, kayaking adventures, and explorations such as last year's visit to a lobster farm, organized by our Board Vice President, Dan Crowley, in collaboration with the Ocean Farm Group. We even had the pleasure of experiencing oysters for the first time.

This year, our excitement to embrace the outdoors again and bask in Maine's natural splendor knows no bounds. We eagerly anticipate another season of outdoor adventures and community bonding.

## Maine Afro Yoga Project website and Gratitude

Our website provides a platform to delve deeper into our work in Maine, offering easy access to information about our initiatives and how to get in touch with us. You can also conveniently book Afro Yoga classes, whether at our studio or within your community, directly through our website.

We extend our heartfelt gratitude to the generous funders of our project, including the Onion Foundation and the New England Grassroots Fund.

We also express appreciation to our valued partners, including Prevention. Action. Change., Sea Change Yoga, In Her Presence, MANA, and all our supportive friends who have stood by us every step of the way.

Thank you for your unwavering support and commitment to our mission. Together, we are making a difference in our community and beyond.

[Visit Maine Afro Website](#)

## HELP US MAKE A BIGGER IMPACT

Support Wounded Healers International programs in Kenya and Maine with new initiatives and a fully tax-deductible donation.

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