

# POSITIVE LIFE KENYA

*FIRST QUARTER NEWSLETTER*



# Newsletter

POSITIVE LIFE  
KENYA



Dear friends and supporters,

Warm greetings from all of us at Positive Life Kenya (PLK).

As we step into a new quarter, we are filled with gratitude and renewed hope. The last few months have been a season of transformation, growth, and resilience—powered by your unwavering support.

At Kiotani, in line with Kenya's care reform agenda, we successfully reintegrated children into family and community-based care. Some are now attending local schools, while others continue their education at our Tumaini School. Kiotani has since reopened as a day school, offering quality education and support to children from the surrounding area.

We've also taken steps toward launching our TVET program, starting with agripreneurship—a key move to equip youth with practical, income-generating skills for a sustainable future.

At Faraja, we celebrated a new cohort of women graduating from our empowerment program. Their journeys of healing and self-reliance inspire us. We're now preparing to build a permanent Faraja Centre—a safe, dignified space for survivors of gender-based violence. With your partnership, this dream can take shape.

Despite financial challenges, our team remains steadfast in delivering impact. Your support—through donations, partnerships, or volunteering—is vital to sustaining this work.

We're also seeing promising growth in Kilifi and Busia, where engagement in education, health, livelihoods, and advocacy continues to rise.

Thank you for walking this journey with us. Together, we are building lives of dignity, hope, and purpose.

*Mary Wabwire*





NEW TUMAINI HOPE  
EDUCATION CENTER

*Motto: Born To Excel*

# NEW HOPE TUMAINI

Growing Together: New Faces, New Energy

During this quarter, our school population grew to 150 students a number that reflects the rising trust our community places in Tumaini's nurturing environment. To support this growth, we've welcomed three new dedicated teachers into our team. Their passion and commitment are already bringing new energy into our classrooms.

Learning Beyond the Books

Learning at Tumaini goes far beyond textbooks.

We launched exciting new initiatives to boost creativity and confidence:

**Debate Club:** Teaching critical thinking and public speaking.

**Music & Drama:** Offering students a joyful space for expression.

These activities are already helping our children come out of their shells and shine in new ways.



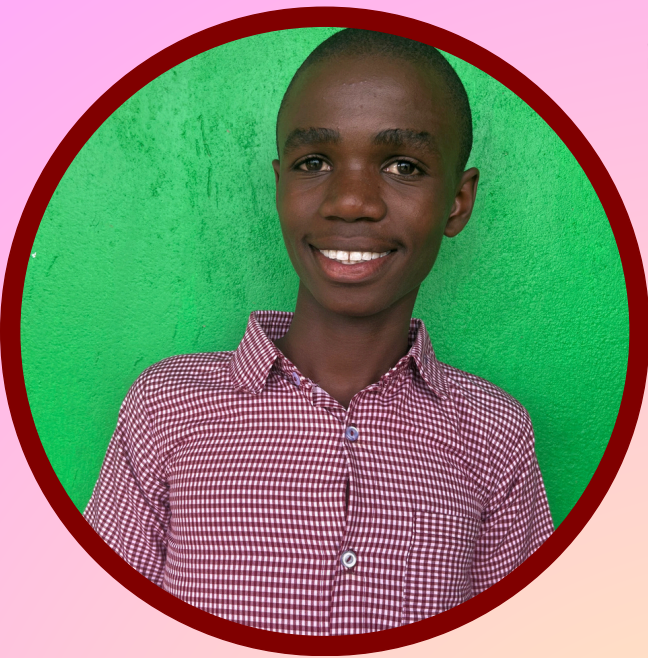
Tumaini School Teachers



Break time



Swimming Lessons



## Student Spotlight: Meet Guygrey Eteriyeka

If you ever visit Tumaini on a Friday morning, chances are you'll hear Guygrey leading a lively morning devotion or passionately arguing a point in debate club. A natural speaker and gifted young preacher, he embodies the courage and character we aim to nurture in every child. We're so proud of him.

## Infrastructure Update

Thanks to our partners, construction of a new classroom began this term—a critical step toward reducing congestion and creating better learning spaces. While the classroom is not yet complete, each wall raised is a sign of progress. Our dream remains to provide every child with a proper, dignified space to learn.



## Challenges Along the Way

As more children join us, the strain on our limited resources becomes more evident. Our greatest needs right now include:

- Textbooks: Many children still share or go without.
- Classrooms: We urgently need more classrooms to keep up with the enrollment.
- Learning costs: Food, paying the staff, technology costs for CBC, moving from blackboards to whiteboards.

## Looking Ahead

Here is what we have planned

A school trip to the Nairobi Agricultural Show—a chance for our students to explore beyond their daily environment, learn and spur creativity.

Day of the African Child.

Music Festivals.

Swimming competitions and other games.

- An important parents' meeting, strengthening our partnership with families.
- Mid terms and many more.
- We can't wait to bring these experiences to life.





# KIOTANI

## *rebirth*

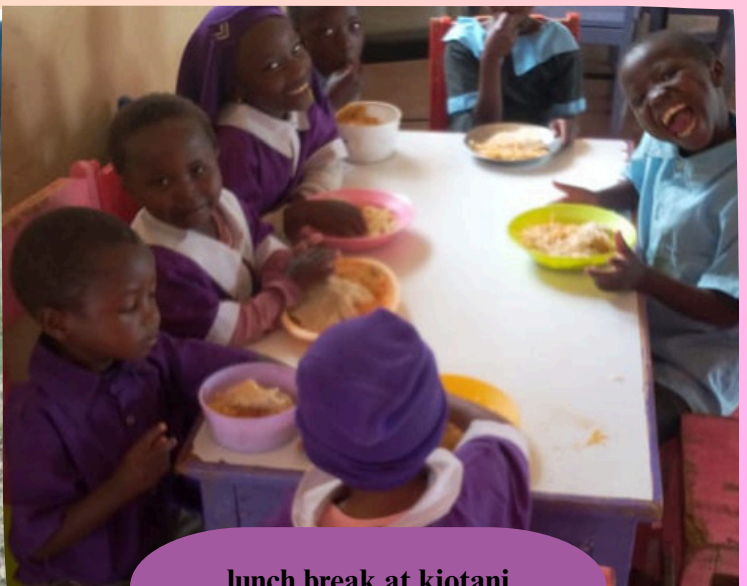
We are excited to announce that Kiotani School has officially reopened. After months of rebuilding following the devastating dormitory fire, the school is ready to provide a place of learning and growth.

Classes have now begun for Pre-school to Grade 2, and while learners enrollment is still underway, the school is prepared to serve children in the Lukenya area. Our classrooms are fully equipped, the teaching staff is ready, and the environment is safe and welcoming—standing as a symbol of hope for the children and families we serve.

However, to fully accommodate the growing number of students and ensure a quality learning environment, we still need support to furnish the classrooms. Your contributions will help provide uniforms, learning materials and recurrent costs, ensuring that every child has the tools they need to succeed. We are eager to see the school flourish and provide a solid educational foundation for every child who walks through our doors.



children playing



lunch break at kiotani

# DORMITORY *reconstruction*

We are pleased to share that the reconstruction of the Kiotani dormitory is underway. Once complete, it will provide a safe and secure accommodation for students enrolled in our Vocational Training Centre (TVET), many of whom come from vulnerable backgrounds and require residential support to access training opportunities. Kiotani will also serve as a safe space for at risk women and girls.

Looking ahead, Kiotani will also act as a rescue and safe space for rescued children from abuse as we work their way towards reintegration.

A heartfelt thank you to everyone who supported the reconstruction of the dormitory and reopening of the facility.



dormitory roof reconstruction



Almost completed dormitory



# SPONSORSHIP

## *updates*



### A Season of Growth: Celebrating Our Sponsored Students

There is something truly powerful about watching a young person rise above their challenges and grow into their full potential. At Positive Life Kenya, we have been blessed with several such moments —beautiful reminders of the difference your support continues to make.

We are proud to share that five of our sponsored students graduated from high school last year—a remarkable achievement for them, their families, and the entire PLK community. One is now preparing to begin university, while the others are excited to pursue vocational training in fields that will help them build independent, meaningful lives.

It is always inspiring to see our children take the next step—from primary school to high school, and onward to university or college. Each milestone reflects not only their resilience and hard work, but also the care and encouragement they have received through your generosity.

At Positive Life Kenya, sponsorship goes far beyond the classroom. Our children receive more than just an education—they are surrounded by a strong support system that includes life skills training, psychosocial support, mentorship, and guidance. We walk with them every step of the way, helping them develop confidence, resilience, and a clear sense of purpose.

These life-changing moments would not be possible without you. Your partnership helps our children dream bigger, reach higher, and move forward with hope.

Together, we are not just changing lives—we are shaping futures.

If you would like to make a lasting impact in a child's life, please get in touch—we would love to welcome you into the PLK family.



## Student Spotlight: Sarah's Big Leap

Sarah's story is one of quiet strength, perseverance, and the power of being given a chance.

Raised in a vibrant but underserved neighborhood, Sarah began her educational journey at Tumaini School, where she was enrolled through our sponsorship program. Life in her community came with challenges—crowded spaces, limited resources—but her curiosity and determination always shone through.

Thanks to the support from New Hope, Sarah's education continued at Kiotani School, where she blossomed in an environment that nurtured both academic learning and personal growth. Beyond the classroom, Sarah was equipped with life skills training and psychosocial support, preparing her to face the world with confidence.

In 2024, she was selected to participate in a student exchange program in Sweden—a transformative experience and her very first journey outside her hometown. From boarding her first flight to connecting with students from across the world, Sarah embraced every moment with courage and grace. "Sponsorship gave me more than an education—it opened the world to me. I now believe that becoming a doctor isn't just a dream—it's something I can achieve." — Sarah

Now back home, Sarah is more determined than ever to become a doctor, committed to giving back to her community and ensuring that children like her have access to compassionate healthcare. Her journey is a powerful reminder that when we invest in a child, we invest in the future.



# LIVELIHOOD SUPPORT

## ***FARAJA EMPOWERMENT CENTRE HIGHLIGHTS***

### **Mental Health Matters: Celebrating a Milestone**

This quarter, we proudly celebrated the graduation of over 100 participants from our 8-week Mental Health and Emotional Wellness Program.

This initiative provided a safe, reflective space for women and young people to process trauma, build emotional resilience, and develop tools for mental well-being. For many, this was their first experience of structured healing and peer support.

**“Before this program, I had never spoken openly about my pain. Today, I walk lighter, and I feel seen.”**

Faraja Participant





# FARAJA TVET CENTER

Empowerment in Action

One Mission: Empower Through Skills

Currently, 65 women and young people are enrolled in vocational training programs at Faraja, including tailoring, cosmetology, cooking, and handcraft production. These practical skills are unlocking opportunities for self-reliance and dignity.

But Faraja is more than a training center—it is a space for healing, social events and transformation.

Entrepreneurship, Financial Literacy & Life Skills

Alongside technical training, participants receive vital entrepreneurship and financial literacy education:

- Business planning and marketing
- Budgeting, saving, and managing small incomes
- Customer service and pricing strategies

We also run life skills sessions focused on personal growth—covering communication, self-esteem, goal setting, and leadership. Our goal is to prepare each woman for a sustainable, independent life.



## **Healing the Whole Person**

Empowerment is holistic. At Faraja, every participant takes part in:

- Mental health support and therapy
  - Yoga and meditation
- Group support circles

These practices help restore confidence, regulate emotions, and foster a sense of community.

## **A Safe Haven for GBV Survivors**

We are proud of our boarding section, which currently provides shelter and care for four young women recovering from gender-based violence (GBV). These brave survivors are receiving:

- Safe housing
- Intensive psychosocial support
  - Trauma-informed therapy
- Life skills and vocational training

Faraja is a place where they can begin to heal, regain their power, and shape a new future. Your continued support makes this possible.

## **See Their Work, Support Their Journey**

At Faraja, we believe in the strength of women—and the beauty they create.

From elegant fashion pieces and natural skincare products to beautifully handcrafted home goods, every item from our Women's Empowerment Centre is a reflection of resilience, creativity, and hope. These products are more than just goods—they are stories of transformation told through the hands of women reclaiming their dignity and independence.

Each piece is lovingly handmade by women who are rebuilding their lives through skill and artistry. When you make a purchase or choose to donate, you do more than support a cause—you affirm these women with a powerful message: "I see you. I believe in you."

We're delighted to showcase a special selection of these unique items in this issue—now available for purchase. Even more exciting, we are proud to announce the launch of our new Faraja Outlet Shop in Canada!

If you're interested in placing an order or making a custom request, please don't hesitate to reach out. Your support fuels empowerment, one handcrafted piece at a time.

# Bring Faraja to Your City

We invite you to be part of this movement. Consider helping sell Faraja products in your community—either through a pop-up or permanent outlet shop.

Every item sold supports a woman's journey to independence and dignity.

If you are interested in opening an outlet or volunteering to help, we would love to hear from you.

Thank You for Walking With Us

“One of our most special projects is our women's empowerment centre, where talented women create beautiful handmade products in our shop where every piece is crafted with care—and carries a story of resilience, hope, and transformation.

When you buy one of these items, or donate, you're not just giving support. You're saying: 'I see you. I believe in you.'" Please consider supporting us by placing your order or supporting our course

Thank you for standing with us. Together, we are not just changing lives—we are rewriting stories, one child, one woman, one family, one community at a time.



## Faraja Merchandise





Beauty & Cosmetology



Microfinance & Table Banking



life skills program and porridge program



Self defence classes



Yoga classes



Mental wellness class



# TECHNICAL AND VOCATIONAL EDUCATION AND TRAINING

At Kiotani, our center is already empowering young people with practical skills in agripreneurship, paving the way for sustainable livelihoods. Through hands-on learning in agriculture and business, students are being equipped to become change-makers in their communities.

As we expand the TVET programs to include more skills such as tailoring, carpentry, and food production, we need your support to provide training materials, tools, and resources that will help these students succeed.

Your contribution will make a lasting impact on the future of these young leaders.



Cabbages planted by students



Shade net



# PARTNERSHIPS

## Strengthening Partnerships: A Season of Shared Purpose

This quarter, we had the pleasure of hosting several of our partners who visited our programs across different locations. These visits were more than just check-ins—they were moments of connection, learning, and mutual encouragement.

Partners engaged directly with our teams, interacted with program participants, observed various activities including vocational training and community outreach, and heard powerful stories of resilience and transformation. These interactions provided an opportunity for open dialogue, honest reflection, and deeper understanding of the impact we are creating together.

Such visits reaffirm the value of collaboration and remind us that our work is part of a larger movement—one driven by shared values and a commitment to community-led solutions. We are grateful to every partner who took the time to walk alongside us this quarter, and we look forward to continuing to build strong, impactful relationships in the months ahead.

Together, we are stronger.



# VISITS FROM OUR PARTNERS



## SLF visit to beneficiaries



SAS YOU ASSIST



Karen visit



Cross Your Borders  
visit

## NETWORKING



Meeting with community gate keepers



Partnership



# HEALTH

## Sexual and Reproductive Health and Rights

This continues to be a cornerstone of PLK, creating lasting impact in our communities—especially among young people. Through SRHR, we aim to equip youth with knowledge, tools, and confidence to make informed decisions about their bodies, relationships, and futures.

Under this thematic area, we have been implementing a powerful initiative known as Breaking the Silence, a project that focused on enhancing SRHR awareness and education within schools across Machakos.

Over the years, Breaking the Silence has contributed significantly to the transformation of attitudes and behaviors around sexual health, reproductive rights, and gender norms.

By creating safe spaces for dialogue and delivering accurate, age-appropriate information, the project has helped to reduce stigma and empower adolescents with practical life skill.

As this project comes to a close this year, we celebrate its profound impact not only in Machakos but also in Busia, Kilifi, Nairobi. The project's emphasis on civic education and community engagement has played a key role in expanding access to SRHR and amplifying the voices of young people.

The success of Breaking the Silence affirms our commitment to strengthening SRHR programming across all our regions. We remain dedicated to building on this foundation—ensuring that young people, especially those in marginalized communities, continue to benefit from comprehensive, rights-based sexual and reproductive health education.



# Moments from Our SRHR campaigns



Community forum in City Carton



Community forum in Kicheko



Chief baraza in Mlolongo



Youth ambassadors championing SRHR



SRHR weekend training



SRHR peer to peer training



# THROUGH OUR LENS



Creativity Day at Faraja



Exam period at Faraja



Porridge Program



Ongoing tailoring class



Break at Tumaini



Youth Ambassadors meeting





## Mentorship program



## Mental Health



# *THANK YOU*

As we close this edition, we want to extend our deepest thanks to you—our donors, partners, and friends. Every classroom opened, every student empowered, every woman uplifted has your compassion at its core.

Your unwavering support makes it possible for us to continue reaching vulnerable children, youth, and women with hope, healing, and opportunity. From Machakos to Busia to Kilifi and beyond, your impact is felt every day in real, transformative ways.

Thank you for walking alongside us. Together, we are building a stronger, more just future—one story at a time.

***With gratitude,***

***The Positive Life Kenya Team***