



WOUNDED HEALERS  
INTERNATIONAL

until no  
victims of  
sexual  
violence

WHAT WE DO:

- RESCUE
- RESTORE
- EDUCATE

Impact Report

2022

## INTRODUCTION

# FOUNDERS ' NOTE

We envision a community where exploiters are stopped, children are safe, and dignity is restored among survivors of sexual violence.

Dear survivors, community partners, funders, educators, Advocates, and friends.

Wounded Healers International has worked tirelessly to empower the survivors and challenge communities to build solutions to prevent and end sexual violence.

2022 was a year of significant transition. We worked diligently as a community-based organization to build social change by empowering our communities and survivors to have a voice in leading the sexual violence movement in Kenya through opportunities for growth and advocacy.

Throughout 2022, we embraced an opportunity to raise our voices and advocate for the many voices that cannot be heard and continue to be silenced. We realized that our voices are more critical than ever, that our work is vital, and that our passion for furthering our mission has been reaffirmed.

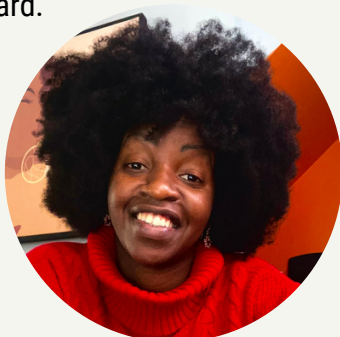
With our community-based programs, we strive to lead with grace, love, and compassion. We are never allowing fear to override our determination. The most marginalized among us need us to push forward in a way that acknowledges the inherent dignity and worth of all people.

In 2022, with our community partners, we continued to advocate to end sexual violence, led by our collective values of respect, survivor-centered, equity, inclusion, diversity, solidarity, empowerment, and courage.

Wounded Healers International takes pride in sharing the results of our work from 2022.

Please read on to learn how we worked with our partners to ensure that more than 4000 people were impacted, educated, respected, and heard.

Sincerely



Nuna Gleason

# PRESIDENT'S NOTE

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Dear Believers!

All of you survivors believe that you are more than a survivor and that you are far more than anything that's happened to you.

All of you donors and advocates believe that a world without sexual violence is not only a better but achievable world.

All of you community partners and educators who believe that the path to ending cultures of sexual violence is paved with collaboration, commitment, and empowerment.

All of you who know that there's only one word that resonates when it comes to cultures of sexual violence – **ENOUGH!**

Over the past two years, Wounded Healers International and all of you have moved the needle towards an end to sexual violence. While the steps often feel small and slow, our steps are building momentum, and 2022 was certainly a year of momentum.

Whether it was growing our list of donors and supporters, securing impactful grants, hosting our first fundraising and friend-raising concert, engaging with new community partners, keeping young women in Kenya safe, or empowering even greater numbers of survivors to believe in themselves and their right to be free from sexual violence, the many small steps have opened new doors, widened other doors, and knocked down even more doors for women in Kenya and across the world.

When we founded Wounded Healers International in 2021, it often felt like we were wandering in the darkness of an overwhelming challenge with little or no light to guide us. Still, in 2022 we lit more and bigger passionate fires for real change in cultures of sexual violence. We also began to see the growing light at the end of the dark tunnel, that is, sexual violence. While we are still far from that light at the end of the tunnel, we have more clarity, more tools, and more support than ever before toward achieving our objectives. And your support in 2022 helped to light the way for our mission.

I'm excited to share that in 2022 we honed our mission, vision, and values to the following:

### **Mission**

WHI disrupts and transforms cultures of sexual violence through preventative education, holistic support for survivors, and empowering a global community of African women and children to break the cycles of violence within their families and communities.

### **Vision**

WHI envisions a community where exploiters are stopped, women and children are safe, and dignity is restored among survivors of sexual violence.

# PRESIDENT NOTE

## Values

Our core values remain constant and are at the root of our work. They drive our everyday service to survivors and the community.

- **Survivor-Centered:** Started by survivors, in service of survivors, WHI is committed to survivors in all of our work.
- **Courage:** The willingness to speak up despite risks. The desire to take action despite obstacles. The willingness to ask for help. The willingness to dream big despite discomfort. The desire to stand up for yourself and others. The willingness to be an ally for others.
- **Solidarity:** We recognize our struggle in the struggle of others. Solidarity is our key value of growing together to achieve transformation.
- **Respect:** We demonstrate high respect for one another, donors, partners, and the people we serve in all the communities. We recognize and acknowledge the strength that comes from diversity.

More than just words, these foundations are the guiding light for the work of Wounded Healers International, foundations that continue to become stronger, more sustainable, and more impactful.

Martin Niemöller, a German pastor and survivor of Nazi concentration camps, famously said:

“First, they came for the socialists, and I did not speak out—because I was not a socialist.

Then they came for the trade unionists, and I did not speak out—because I was not a trade unionist.

Then they came for the Jews, and I did not speak out—because I was not a Jew.

Then they came for me—and no one was left to speak for me.”

Wounded Healers International is committed to assuring that the voices of sexual violence survivors are heard and that the battle cry for change will not be silenced. We choose to speak out and speak up. With your ongoing love and support, the millions of sexual violence survivors will be heard as we continue to shine a bright light on sexual violence and empower survivors out of the darkness and into the light of transformation.

Jeff Nischwitz  
President and Board Chair  
Wounded Healers International





# OUR STORY SO FAR

## OUR MISSION

Our Mission is to disrupt and transform cultures of sexual violence through preventative education, holistic support for survivors, and empowering African women and girls to break the cycles of violence within their families and communities.

**4520**  
**PEOPLE**  
**IMPACTED**

## OUR OBJECTIVES

- Help survivors and their families heal from the aftermath of sexual violence through crisis intervention, counseling, and advocacy.
- Community outreach, education, and legal and public policy initiatives that eradicate modern slavery, sexual exploitation, and sex trafficking
- Empower and undertake reforms to give women equal rights to economic resources and access to ownership and control over land and other forms of property, financial services, inheritance, and natural resources.
- Teach girls to exercise the power of their voices and leadership through social-emotional learning.
- Encourages rural girls to stay and succeed in school, addresses girls' health, and fosters girls' agency and confidence to help them pursue their dreams.

**50 %**  
**REVENUE**  
**INCREASE**

# 2022 BY THE NUMBERS

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**41**

**YOUNG WOMEN RESCUED AND IN  
ACTIVE EMPOWERMENT PLAN**

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**722**

**RURAL GIRLS LEARNED TO BE SELF-  
RELIANT, CONFIDENT AND  
EMPOWERED, AND GOAL-ORIENTED.**

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**3449**

**STUDENTS LEARNED SKILLS TO PREVENT  
SEXUAL VIOLENCE**

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**30**

**WOMEN TRAINED ENTERPRENUERSHIP  
& JOINED SELF-HELP GROUPS.**

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**311**

**COMMUNITY ACTIVISTS, TEACHERS,  
POLICE, AND LOCAL LEADERS PARTNERS.**

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**3886**

**SANITARY PADS & PERIOD PRODUCTS  
DISTRIBUTED**

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# OUR 2021 GOALS ACCOMPLISHMENT

Looking back at 2021 goals, Wounded Healers have achieved 119% of the goals we set to accomplish in 2022. We are very grateful for the support we received from funders, partners, community, friends, and of course, the survivors of sexual violence who worked hard toward their healing and growth.

1

## SEXUAL VIOLENCE PREVENTION

Wounded Healer's goal is to establish more relationships with primary ad high schools to create more awareness and prevent sexual violence among the students.



120%

2

## LEASE A RESCUE CENTER

Wounded Healers will lease a rescue center building in Ruiru, Kenya. The rescue center will also function as an office and for daily operations. Host leadership camps for girls and community empowerment forums. The rescue center will offer a safe house for 20 girls.



100%



3

## LOCAL PARTNERSHIPS

Partner and mobilize local resources to support the programs. These partners includes Kenyan banks, charters and community members.

150%



4

## ECONOMIC EMPOWERMENT

Microenterprise and Entrepreneurship Training for young women survivors of sexual violence and those seeking paths to leave the commercial sex work.

106%



# 2022 PROGRAMS HIGHLIGHTS

Our community-based programs makes the people we reach partners and friends rather than just beneficiaries.

41

RESCUED

## 1. Restoration Project-The City of Peace women's shelter

The City on peace women's shelter in Kiambu county provides Safe temporary shelter and transitional services to young women impacted by sexual violence while transforming our communities through education and leadership for social change. The process is tailored to meet individuals with different needs. This care may include medical, shelter, psychological, educational, spiritual, and vocational services.

Among the 41 young women rescued;

- 11 girls received scholarships to boarding schools
- 30 young women supported with entrepreneurship skills
- 209 counseling sessions were offered.

# 2 Girls Leadership Project- zahara Girls

The program provides essential empowerment training for girls as a stepping stone to leadership. We encourage rural girls to stay and succeed in school, address girls' health and well-being, and foster girls' agency and confidence to help them pursue their dreams.

Girls are empowered to promote assertive self-expression, life skills, and leadership practice in various settings.

## 2022 ACTIVITIES

- Four days overnight girls' leadership camps
- Girls leadership summits
- Debates
- soccer

**722**  
GIRLS EMPOWERED.

**3886**  
Sanitary pads and  
period products  
distributed.





# 3 Women empowerment project- Elevate women

Elevate women's project provides Sustainable Livelihood by building knowledge and attitude on women's rights & health, entrepreneurship, and digital literacy, and a support system to help them become self-reliant.

Women participate for 12 months in self-help groups training on skills building and are connected with local funding institutions to support with capital to start a small business.

## 2022 ACTIVITIES

- Two self-help groups (SHG) for rural women in Muranga and urban women in Kiambu counties. Each group has 15 women.
- Go green Project or Sack farming for women in the urban (Mwangaza Self Help group)
- Continuous Adult education for 25 women between 30 and 50 years in our women's shelter.
- Soap Making projects for household use and selling
- Women in Soccer

**55**

**WOMEN TRAINED  
ENTERPRENUERSHIP**





# 4. Sexual violence prevention education- Nilinde Project

The program partner with schools at grassroots levels to deliver comprehensive and evidence-based education to create awareness and prevention skills for students by highlighting cultural and social norms supporting violence and students' level.

**15**  
**SCHOOLS**  
**PARTNERS**

**3229**  
**STUDENTS**  
**EMPOWERED**



*Until there is no Victim of  
Sexual Violence*



# 5. Community Advocacy

We engaged existing community infrastructure in advocating for change in structures, protocols, and policies that are detrimental to women and girls and impede their access to rights.

## 2022 ACTIVITIES

- Training and sensitization with 10 religious leaders(Christians and Muslims)
- Sensitization and partnership with local police stations in the Ruiru ward
- Training for community leaders and children caregivers.
- Young men started a soccer team.
- Partnered with Kiambu county government
- Celebrated International Day of A girl
- Training and partnership with Ruiru Motorbike riders

**311  
COMMUNITY  
LEADERS  
EMPOWERED**





# 2022 MAIN EVENTS

## MAY 28TH; MENSTRUAL HYGIENE DAY

Menstrual Hygiene Day is an annual awareness day on May 28 to highlight the importance of good menstrual hygiene management at a global level. Wounded Healers did door-to-door outreach to encourage parents and caregivers to support their children as they menstruate and avoid stigmatizing them.

We also launched our monthly sanitary pads distribution program at our shelter.



Wounded Healers provide free sanitary pads to the community adolescent girls every first week of the month.

This has increased girls school girls attendance, reduced sex in exchange of sanitary pads and teenage pregnancy, and has increased community empowerment and support





# 2022 MAIN EVENTS

## INTERNATIONAL DAY OF GIRL CHILD

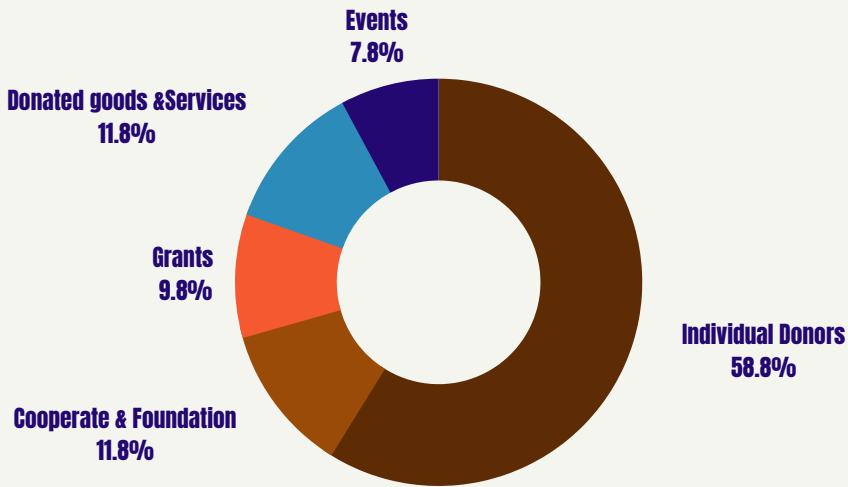
International day of a girl is a day celebrated annually on 11th Oct worldwide, the day was founded by the UN to focus on the challenges that a girl goes through that hinders her well-being and achieving a girl's dream, and the 2022 theme was our time is now, our right, our future.



Wounded Healers partnered with the Kiambu County government, Ruiru community members, Local administration, and local community-based organizations to mobilize more than 200 people to celebrate and recognize the girls' efforts to achieve their dreams.

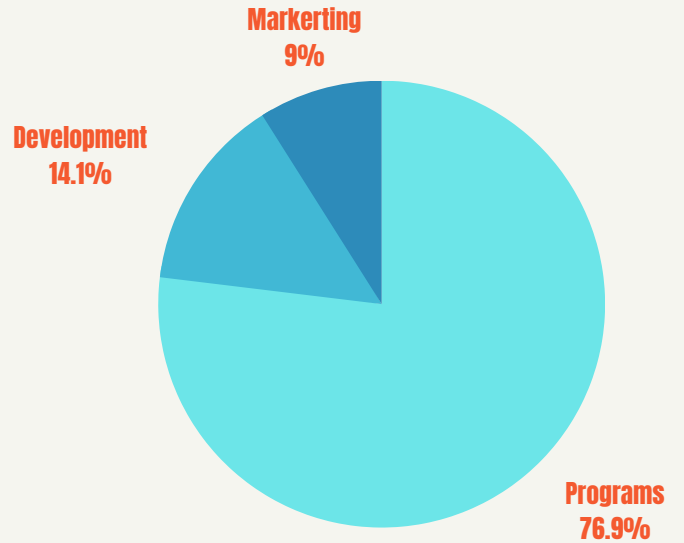
# 2022 FINANCIALS

## Contribution by Category

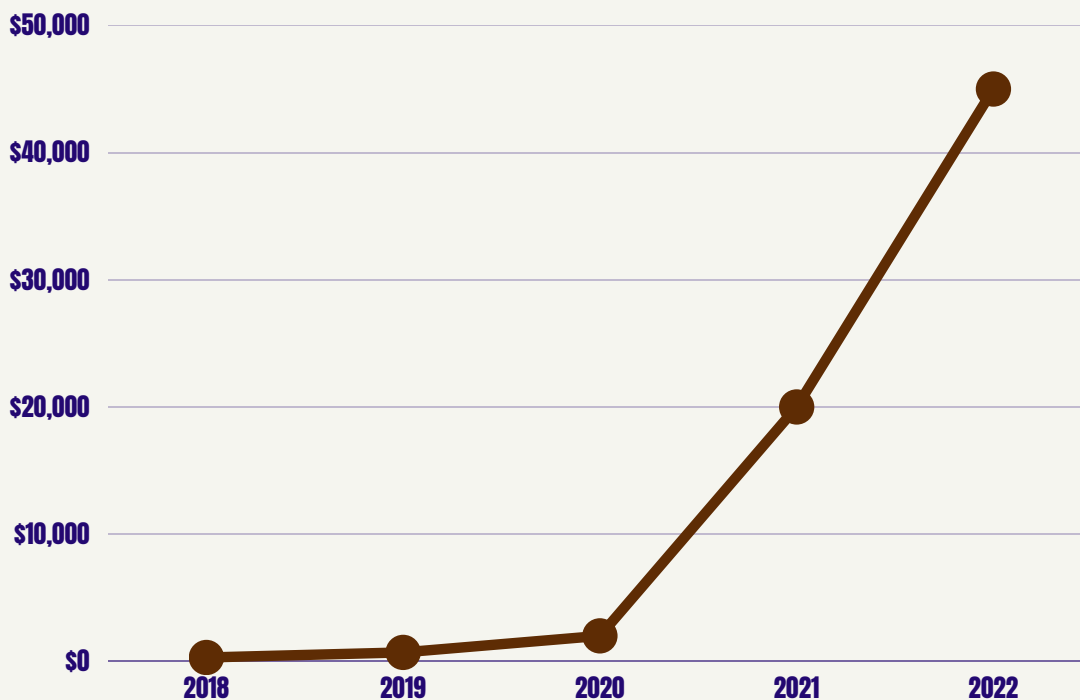


## Expenses\*

\*Expenses exclude donated services.



## 2018 to 2022 Contributions



# 2023 GOALS

Wounded Healer's work contributes to achieving transformational change through Sustainable Development Goals (SDGs).

We'll focus on four main goals for the next three years to increase women's and girls' power at multiple levels. We'll:

## 1. WOMEN ECONOMIC EMPOWERMENT.

We aim to promote sustainable economic growth and enterprise development among women more vulnerable to gender-based violence by increasing self-help groups and linking with financial institutions where they can borrow loans without collateral.

## 3. EDUCATION & SKILLS DEVELOPMENT

We will increase the number of education scholarships to enhance education outcomes that ensure equitable education and self-reliance among girls survivors of sexual violence.

We will also increase access to vocational training for young, out-of-school women. i.e. home-based food production methods, Computer training, and Continuous adult education.

## 2. ENVIROMENT CONSERVATION

We aim to empower women and girls in our rural and urban programs with skills to protect, preserve and restore the environment and promote sustainable use of the ecosystem.

## 4. SEXUAL VIOLENCE PREVENTION

Wounded Healers will establish more relationships with primary and high schools to create more awareness and prevention of sexual violence among the students.

We will partner with Global Empowerment self-defense trainers to train 30 local youths who will become ESD facilitators to empower thousands of students in Kenya.



# 2022 LEADERSHIP

## BOARD OF DIRECTORS

- JEFF NISCHWITZ- President, USA
- MERCY MURUGI -Board Chair, Kenya
- DAN CROWLEY - Vice President, USA
- JINA ETIENNE - Treasurer, USA
- JULIA KIMANI- Treasurer, Kenya
- BERTA MEDINA- Secretary, USA
- JOY CHENYONYEZI- Secretary, Kenya
- NINA PLANSON
- RAYCHEL JUSTICE
- KINARD ROBINSON
- CHRISTINE LEMIEUX
- KIM BEDARD

## STAFF

- Nuna Gleason- Founder & Executive Director
- Josphine Wanjiru - Program Manager
- Ann Wangui - Case Manager
- Maurine Wanjiku- Counselor
- Faith Mbithe - Prevention Coordinator
- Eddy Onyango - Peer educator
- Julia Gathoni- Accountant

## TECHNICAL & DEVELOPMENT ADVISORS

- NAGIN COX
- MERCURY SHITONDO
- DR.WAMBUI MACHERA
- CAITLIN OKEN
- ANGEL WANJIKU- Girls' representatives
- GRACE WAMBUI- Women representative
- COLAZON OLUOCH-Girls Representative

## VOLUNTEERS

- Tyler Gleason
- Brian Onyoo
- Mike Kamilika
- Lucy Wambui
- Moses Ngari

# 2022 HONOR ROLL

## \$10,001- \$20,000

- Plansons International
- Maine community Foundation

## \$5,001- \$10 000

- Jeff Nischwitz
- Dan Crowley

## \$1,001- \$5000

- Rob Levin
- Ken Sparta
- Jina Ettiene
- Berta Medina
- Christine Lemieux
- Nina Planson
- Kinard Robinson
- Megan Piper

## \$501- \$1000

- Woodside Foundation
- Diane Fox Grover
- Justin & Rachel Alfond
- Nick Planson
- John Crowley
- Janet Chasse
- Sam Maratea
- Michelle Justice
- Sean Boyles
- Diana Diaz
- Whittier Whittier

## \$201- \$500

- Larry S Weiss Weiss
- Renee Givner
- Kristopher Smeage
- Duayne Maschino
- Benjamin DeTroy
- Valerie Todd
- Beth Bell
- Faith Gist
- Ted & Pam Asherman
- Allison Sawyer
- Thomas and Heidi Henninger
- Kristian Pulkka
- Jonathan LeMieux
- Lisa Yeh

# 2022 HONOR ROLL

## \$101-\$200

Angela	Keys	Chris	Green
JANET	BROWNEll	Robert	Sickel
Lala	De Iza	Chuck	Bourke
Victoria	Planson	Maura	Clark
Sarah	Sturtevant	Tara	Walker
Karen	Frohlich	John	Shattuck
Jodie	Simms-MacLeod	Libby	Bizier
Chris	Oys	Mark	Landry
John	Daggett	Sandra	Green
Laurie	Oliver	Lauren	Bailey
Beth	Thoresen	Sean	Martin
Emma	Pardo	Belinda	Desmond
Joni	Ahshuler	Carey	Rodriguez
Victoria	Planson	Gage	Family
Stephanie	HYDE	Kim	Dorsky
Clara	Porter	Clarissa	Finks
Christine	Slader	Caroline	Thorne-Lyman
Linc and Laura	Graves	Ethan	Masterman
Craig	Fessler	Catherine	Oliver
Justin	Michaud	Terri Ann	Bourke
Janet	Clemons	Jerry	Foley
Vickers	Family	Rowan	Flynn
Michelle	Deane	Angus	Eno
Andrea	Huter	Charles	Burnham
Betsy J	Sterling	Jennifer	Lucey
Samantha & Joshua	Sroufek	randy	Parker
Barbara and Barney	McClelland	Norton	Lamb
Lori	Barron	Lisa	Dulac
Emily	Pearl	Lisa	King
Brian	Whitney	Gagan Jot	Singh
		Michael	Fralich

# 2022 HONOR ROLL

## \$10-\$100

David	Leith	Carrie	Slack
Kimberly	Emery	Richele	Green
Martine	Goldberg	Nicole	Snell
Leslie	Hyde	John	Sweeney
Dave	Chapman	Shari	Reinhart
Daneel	Dafni	Toby	Israel
Erin	Corica	Mary	DiMatteo
Kellie	Shaughnessy	Jay	Oâ€™Shea
Jacqueline	Stowell	JESSICA	MILINICHIK
Aelita	Neimanis	Dwane A Binns	Jr
Colleen	Strickler	KATHRYN	HUGHES
Amy	Taisey	Claiborne	Whitt
Andrew	Wallace	Kate	Bush
Patti	Davis	Eric	Chase
Greg	LeMieux	Sally	Carignan
Caitlyn	Davison	Amanda	Hall
Susan	Mason	Joseph	Bedard
Tyler	Gleason	Megan	Lavins
Andrea	de Leon	Molly	Lavins
Jacob	Markowitz	Paul	Tuttle
Gabrielle	Poirier	Ryan	Vella
Rebecca	Rundquist	Jon	Merrill
Adam and Laurie	P	James	Metzler
Shaina	Graff	Mary-Joan	Potvin
Kristin & Larus	Isfeld	Katya	Planson
Ann Marie	Lemire	Jacques	Kabamba
Penelope	Hilton	Lisa	Sarfati
Steve	Parrish	Nora	OGarro
Kim	Rivers	Ruby	Parker
Robyn	Russell-Kimball	james	Merrill
Siobhan	Bogle	Christine	Charboneau
Heather	Schuler	Julie	Fralich
Elise	Boyson	Daniel	Harris
Kathryn	Ross	Libby	Ricciardi
Kerby	McKinnell	Kelly	McEnergy
Megan	Gatewood	Rebecca	Davis
Michelle	Trudel	Marlissa	Butler
Brittany	Graham	Anne	Loomis
		Arielle	Rancourt
		Pam	Jeffrey
		Pam	Russell
		Wes	Maxwell
		Pete &	Cami
		Rob & Kim	Billingham



# Thank You



**WOUNDED HEALERS INTERNATIONAL**

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