



ANNUAL REPORT

2025



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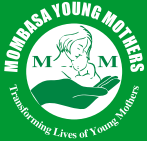
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MYM CBO IN BRIEF

Mombasa Young Mothers' CBO (MYM) is a youth- and women-led non-profit organization founded in 2022 and based in Mombasa, Kenya. The organization was established by young mothers who recognized the social and economic challenges facing young mothers and came together to create a collective platform for empowerment, support and advocacy.

MYM provides a safe, inclusive and non-judgmental space where young mothers can openly share their lived experiences, challenges and aspirations without fear of stigma, discrimination or victimization. Through peer support and community engagement, the organization promotes healing, confidence building and collective problem-solving among young mothers.

The organization's core mission is to socio-economically empower young mothers by strengthening their capacities, expanding access to education and skills development and fostering strong networks and partnerships with stakeholders. MYM implements programs that promote health and well-being, advance education and gender equality, encourage participation in democracy and good governance, enhance economic empowerment through sustainable livelihood opportunities and nurture leadership skills among young mothers.

MYM works to improve the overall quality of life by integrating Climate Change and Resilience into its work. MYM supports young mothers to adapt to climate-related challenges through environmental awareness, climate-smart livelihoods, and community-based resilience initiatives. Through these interconnected thematic areas, MYM works with young mothers, amplify their voices and enable them to actively participate in social, economic and civic development within their communities and across Kenya.



VISION

A society where young mothers are socio-economically empowered.



MISSION

To socio-economically empower young mothers, build their capacities, and foster networks and collaborations for sustainable livelihoods in Kenya.

CORE VALUES



We put the **young mothers First** as they matter most

We believe in **Integrity** and delivering on our promises



We work together as **One Team** to achieve our goals

We strive for **Excellence** in all that we do



We are **Passionate** about empowering young mothers

We are **accountable** to our partners and stakeholders





On behalf of the Board of Directors of Mombasa Young Mothers (MYM), it is my honour and privilege to present the 2025 Annual Report. This year marks a defining chapter in our journey, one of bold growth, deepened impact, and unwavering commitment to the young women and girls we serve.

When MYM was founded in 2022, it was born from a simple yet powerful conviction: that every young mother deserves dignity, opportunity, and a community that believes in her potential. Three years on, that conviction has been validated time and again through the lives transformed by our work. The report you hold in your hands is a testament to what becomes possible when communities, partners, and dedicated teams rally around a shared purpose.

This year, the Board has remained deeply committed to ensuring that MYM operates with integrity, transparency, and strategic clarity. We have invested in the development of key institutional policies and strengthened our oversight frameworks to ensure that resources are deployed effectively and that our programmes remain accountable to the communities we serve.

The numbers tell a compelling story. In 2025, MYM reached 5,336 community members majority being young mothers, through five flagship projects, ARISE, Mama Salama, EDYMCJ, Youth Voice, and Mazingira, each designed to address the interconnected challenges that young mothers face.

From economic empowerment and GBV prevention to climate resilience and policy advocacy, MYM's integrated approach continues to create pathways for lasting change.

...Continue next page



Colette Simanto

02

Message from **Chairperson, Board of Directors**

Particularly noteworthy is the growing involvement of men as champions of gender equality and shared caregiving. Initiatives such as Maskani Talks reflect a sophisticated understanding that sustainable transformation requires engaging entire communities, not just the individuals directly affected. The Board is proud to see MYM leading this cultural shift with both courage and care.

MYM's engagement in national and international policy dialogues, including contributions to discussions on ILO Conventions 189 and 190, signals an organisation that understands its role extends beyond direct service delivery. As a Board, we strongly support this advocacy dimension of our work. Systems change is essential to lasting impact, and MYM is positioning itself as a credible voice for the rights and needs of young mothers at all levels of decision-making.

Looking Ahead

The road ahead is both exciting and demanding. Challenges of economic vulnerability, social stigma, and structural inequality remain real for many young mothers and women. Yet MYM enters 2026 with a stronger team, deeper partnerships, and a clearer strategic vision than ever before. The Board is committed to providing the leadership and oversight necessary to support the organization's growth as we expand our programmes, deepen community engagement, and advocate for policies that protect and uplift young mothers across Kenya.

I wish to express the Board's sincere gratitude to our donors, implementing partners, government agencies, and the communities of Mombasa County for their continued trust and collaboration. Your belief in MYM's mission makes this work possible.

To the Executive Director, the staff, and volunteers. your dedication and professionalism are the engine of everything MYM achieves. The Board is proud to serve alongside you. And above all, to the young mothers at the heart of this work; your resilience inspires us, your progress drives us and your futures guide us.

Together, we are building an organization worthy of your trust and a future worthy of your potential.

”

Colette Simanto
Chairperson, Board of Directors
Mombasa Young Mothers (MYM)
2025





It is with great pride and gratitude that I present the 2025 Annual Report of Mombasa Young Mothers (MYM). This year has been one of remarkable growth, resilience, and impact as we continued to advance our mission of socio-economically empowering young mothers across Mombasa County.

Since our establishment in 2022, MYM has remained committed to creating safe, inclusive, and non-judgmental spaces where young mothers can rebuild their confidence, access opportunities, and transform their lives. In 2025, we reached 5,336 individuals through integrated, community-centered programming that addressed health and well-being, education and gender equality, economic empowerment, governance, and climate resilience. These achievements are a testament to the strength and determination of the young mothers we serve, as well as the dedication of our team and partners.

This year, we successfully implemented five key projects; ARISE, Mama Salama, EDYMCJ, Youth Voice, and Mazingira each contributing to meaningful and measurable change. From strengthening awareness and response to gender-based violence, to supporting over 20 young mothers in starting businesses, to building leadership capacity and advancing policy advocacy, our work continues to create pathways for dignity, independence, and opportunity.

We are particularly encouraged by the shifts in community attitudes, especially the growing involvement of men in promoting gender equality and shared caregiving responsibilities. Through initiatives such as Maskani Talks and community dialogues, we are witnessing the gradual transformation of harmful social norms and the emergence of more supportive and inclusive communities.

...Continue next page

03

Message from the Executive Director



Emily Mito

CONT.....

At an institutional level, MYM has continued to strengthen its systems, governance, and partnerships. The development of key policies and expansion of strategic collaborations have enhanced our capacity to deliver impactful, accountable, and sustainable programs. Our engagement in policy advocacy, including contributions to discussions on ILO Conventions 189 and 190, reflects our commitment to amplifying the voices of young mothers at all levels.

Despite these achievements, we remain aware of the persistent challenges facing young mothers, including economic vulnerability, social stigma, and limited access to opportunities. These realities continue to drive our resolve to innovate, collaborate, and scale our interventions to reach even more young mothers in need.

As we look ahead, MYM is committed to deepening its impact by expanding programs, strengthening partnerships, and investing in sustainable solutions that empower young mothers as leaders and agents of change. We will continue to integrate climate resilience, promote economic independence, and advocate for inclusive policies that protect and uplift young mothers across Kenya.

I extend my sincere appreciation to our partners, donors, stakeholders, and the communities we serve for their unwavering support and collaboration. Most importantly, I celebrate the courage and resilience of every young mother whose journey inspires our work every day.

Together, we are transforming lives and building a future where every young mother has the opportunity to thrive.



”



All our programs are geared towards contributing to 10 sustainable development goals (SDGs). We contribute to:



Our Leadership Team



Collet Simanto
Board Chair



Jackline Waweru
BOA Treasurer



Rahma Issa
BOA Member



Evans Ouma
BOA Member



Hellen Charo
Programs Manager



Faith Karuri
Comm' Office



Caroline Anyango
Project Officer



Emily Mitoh
Executive Director



Dorcas Mutanu
Finance Manager



Susan Achieng
Admin'

Strategic Pillars

MYM's work is guided by the following strategies



Community-centered
and peer-led
programming



Integrated service
delivery model



Strategic partnerships and
systems strengthening



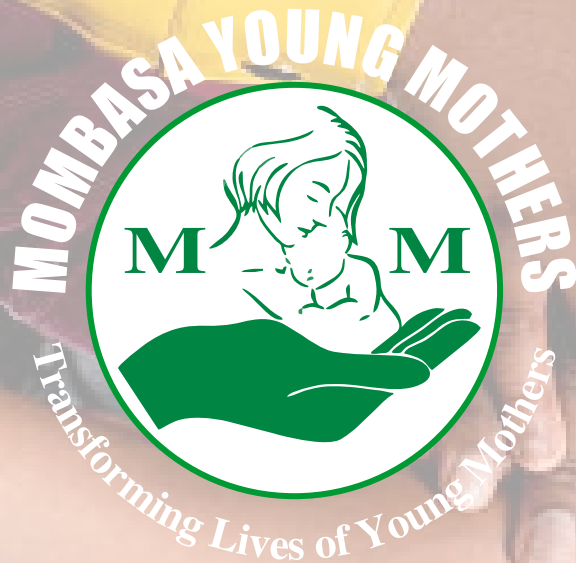
Advocacy and social
norms transformation



Data-driven
programming
and learning



Safeguarding and
Do-No-Harm principles



OUR 2025 PROJECTS IMPLEMENTED

1 Health and wellbeing



Adolescents' girls
and young women

Rising with Information,
Support and Empowerment
Project (ARISE)



Mama Salama Urban
Safety and Leadership

2 Economic Empowerment and Leadership



Youth Voice and
Empowerment
Project



Mazingira
Project



3 Education and Gender



Empowered Determined Young
Mothers for Care Justice
(EDYMCJ)



Thematic Areas

The Organization works under five thematic areas with its direct beneficiaries, these include

1) Health & Well-Being:



Whose strategic objective is to contribute to improve the health and overall wellbeing of young mothers and their children. This thematic area focuses on ensuring healthy lives and promoting well-being for young mothers in Kenya.

We achieve this through employing strategies such as; strategic partnership, collaboration and networking, policy advocacy on health issues affecting mothers, advocating for increased resources on health, advocating for behavioral change communication and use of mainstream and social media advocacy to create awareness. We implemented two projects under this thematic area which includes:

1. Adolescents' girls and young women Rising with Information, Support and Empowerment Project (ARISE)
2. Mama Salama Urban Safety and Leadership

2) Democracy and Good Governance



Whose strategic objective is to build a good culture of democracy and good governance in Kenya. This thematic area focuses on strengthening citizens' demand for transparency and accountability in the management of public resources, promoting participation of young mothers in decision making processes and promoting participation in advancing national integration.

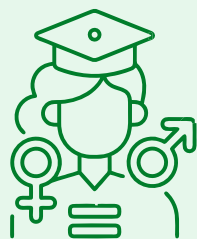
We achieve this through employing strategies such as; empowering young mothers with civic education and leadership training to enhance participation in governance, advocating for policies that ensures inclusivity and protection of young mothers' rights, community and national development.

We use social media advocacy to create awareness, strategic partnership, collaboration and networking and advocating for progressive laws and policies affecting young mothers on civic and governance participation. Under this thematic area, we actively participated in public consultations and Chiefs' Barazas, raising our voices for the protection of vulnerable communities. We also submitted a memorandum advocating for the construction of rescue centers for survivors of GBV ensuring that every voice is heard and every survivor has access to safety, support, and justice.

Together, we are strengthening governance, promoting accountability, and building safer communities.

Thematic Areas Cont....

3) Education and Gender



Whose strategic objective is to improve access to justice and promote gender equality among young mothers in Kenya. This thematic area also seeks to empower young mothers through education and gender equality initiatives.

We achieve this thematic area to enhance access to formal and informal education opportunities for young mothers to improve literacy and employability advocacy to create awareness, capacity building and creating awareness on gender empowerment and Gender Main-streaming.

One project was implemented under this thematic area which is:

1. Empowered Determined Young Mothers for Care Justice

4) Economic Empowerment and Leadership



Whose strategic objective is building the economic resilience and leadership capacities of young mothers. Economic empowerment of young mothers in Mombasa through a community-based organization (CBO) focuses on improving livelihoods, reducing poverty and enhancing family wellbeing. Many young mothers face unemployment, limited skills and financial exclusion, which can be addressed through targeted, community-led interventions.

The approach centers on providing market-relevant skills training, entrepreneurship support and access to finance through savings groups, startup kits and linkages to government funds. Digital skills and market access help young mothers expand their businesses and increase income, while cooperative models promote sustainability and peer support. Social support services such as childcare, mentorship, and psychosocial support ensure holistic empowerment. Overall, empowering young mothers economically strengthens families, promotes dignity and contributes to sustainable community development in Mombasa.

Under this thematic area, two key projects were successfully implemented:

1. The Youth Voice and Empowerment Project
2. Mazingira Project

The Youth Voice Project and the Mazingira Project, both of which contribute to empowering young mothers, strengthening families and advancing sustainable community development in Mombasa.

Thematic Areas Cont....

5) Climate Change and Resilience



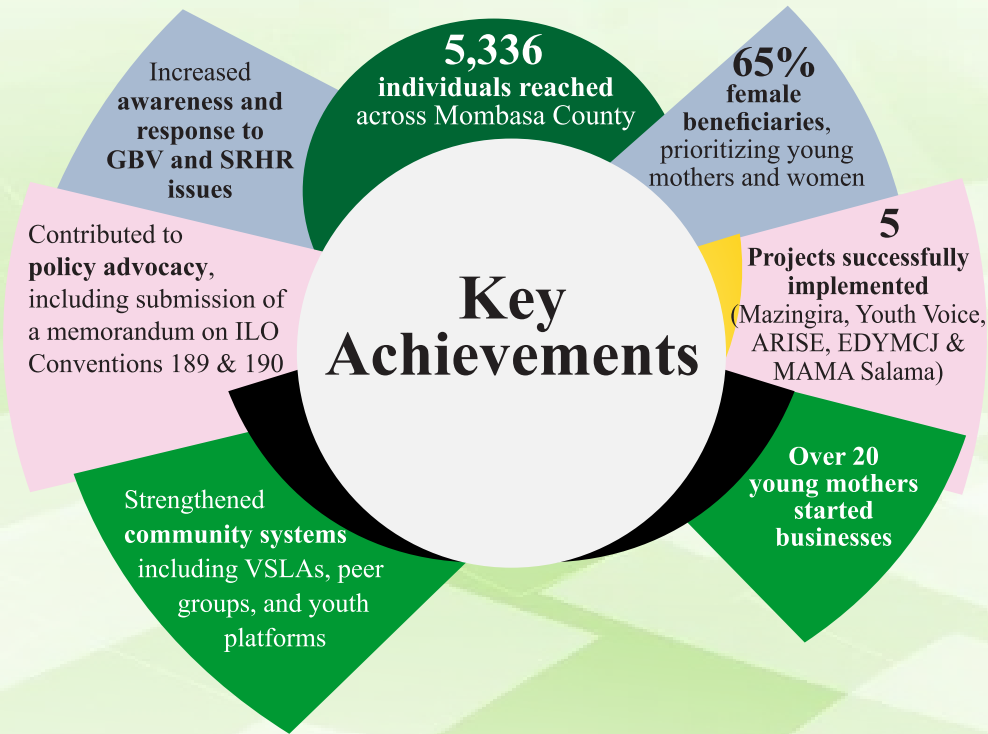
Whose strategic objective is fostering environmental sustainability and climate resilience among young mothers. The strategic objective of fostering environmental sustainability and climate resilience among young mothers guides the Climate Change and Resilience thematic area. This area aims to strengthen young mothers' capacity to anticipate, adapt to, and recover from climate-related shocks. The strategy emphasizes increasing climate awareness, building climate-resilient livelihoods, improving food security and nutrition, enhancing disaster preparedness, strengthening psychosocial and social support systems, and promoting young mothers' leadership in climate action. It further seeks to reduce vulnerability, improve household stability, and empower young mothers as key agents of community resilience.

Our project actively participated in related activities under this thematic area, including World Environmental Day, contributing to environmental sustainability, enhancing climate resilience, supporting sustainable livelihoods for young mothers and raising community awareness on climate adaptation and eco-friendly practices.





MYM AT A GLANCE



BENEFICIARY REACH		
Overall Reach		
Female	Male	Total
3,487	1,849	5,336
(65%)	(35%)	

Reach by Thematic Area	
Health & Well-Being	1,482
Democracy & Governance	763
Education & Gender	1,245
Economic Empowerment & Leadership	1,482
Climate Change & Resilience: 357	357

We implemented five Projects across Jomvu and Changamwe

1. Adolescents' Girls and Young Women Rising with Information, Support and Empowerment (ARISE) – **Centre for Rights Education and Awareness (CREAW)**
2. Youth Voice – Shining **Hope for Communities (SHOFCO)**
3. Mama Salama Urban Safety and Leadership – **Swahili Pot**
4. Empowered Determined Young Mothers for Care Justice (EDYMCJ) – **Oxfam-Kenya**
5. Mazingira Project – **Shining Hope for Communities (SHOFCO)**

These projects reflect our commitment to promoting youth empowerment, women's leadership, community safety, environmental sustainability, and social justice through strategic interventions and partnerships with established development organizations.



Adolescents' Girls and Young Women Rising with Information, Support and Empowerment Project (ARISE)

The Adolescent Girls and Young Women Rising with Information, Support and Empowerment (ARISE Project) was a one-year project implemented in Jomvu and Changamwe, targeting adolescent girls and young women aged 16–35 years at risk of or surviving SGBV, with support from Centre for Rights Education and Awareness (CREAW). The project addressed the root causes of SGBV by providing essential information, life skills, psychosocial support, and economic empowerment opportunities. It also engaged communities to challenge harmful gender norms and strengthened local support systems, while amplifying the voices of young women in decision-making processes. As a result, the project enhanced resilience, improved wellbeing and empowered beneficiaries to become informed and active agents of change in their communities.

Key Outputs

▣ **1,437 individuals reached through project interventions**

· 1,150 females (80%)

· 287 males (20%)

▣ **1,200 adolescent girls and young women (aged 16–35)**

trained on Sexual and Gender-Based Violence (SGBV)

prevention and response, strengthening knowledge, agency, and reporting pathways

▣ 850 beneficiaries supported with integrated life skills, psychosocial support, and mentorship, contributing to improved wellbeing, resilience, and decision-making capacity

▣ 300 community members engaged in awareness creation and dialogue sessions, promoting community-level shifts in attitudes, norms, and collective responsibility towards preventing SGBV



Key Outcomes

1

The establishment of two peer support groups strengthened collective problem-solving, emotional support, and knowledge sharing among young mothers, enhancing resilience and community cohesion.



2

Strategic media engagement through a radio talk show reached over 1,439 individuals, significantly increasing public awareness on GBV and available support systems.



3

Through a policy roundtable engagement, 10 young mothers were linked to the Kazi Mtaani program, with 8 successfully securing job placements, improving income stability and economic security.



4

The creation of two WhatsApp networks (60 members total) facilitated continuous information sharing on opportunities, resulting in 11 young mothers accessing training programs, thereby strengthening skills development and employability.



Mama Salama Urban Safety and Leadership Project

The Mama Salama Urban Safety and Leadership Project was a 3-month project implemented in Changamwe, targeting young mothers aged 18–24 in informal settlements, with support from Swahili Pot Hub Foundation. The project aimed to strengthen leadership, sexual and reproductive health rights (SRHR), mental health awareness, civic participation, and urban safety, empowering participants to co-create safer, cleaner, and more inclusive communities.

1 45 individuals reached through project activities **30 women (67%)**

15 Men (33%)

2 15 young mothers trained on leadership, urban safety, advocacy, sexual and reproductive health and rights (SRHR), and mental health, strengthening their capacity to lead and engage in community processes

3 30 community stakeholders engaged, including youth leaders, boda boda riders, local leaders, and residents, fostering inclusive dialogue and collective action on urban safety and social accountability

Key Outcomes

1

Following integrated training in mental health, SRHR, entrepreneurship, and financial literacy, 9 out of 15 young mothers developed viable business plans, while 2 successfully launched income-generating activities using their savings, demonstrating improved financial capability, entrepreneurial readiness, and progression toward economic independence.

2

The establishment of the Gumzo Mtaani Dialogue Platform led to the mobilization of 17 youth champions who initiated and sustained peer-led group sessions in Murang'a Area, Magongo (Changamwe, Mombasa). These sessions have strengthened community-level mental health awareness, fostered open dialogue within households, and contributed to reducing stigma while promoting early support-seeking behaviors among young people.

3

One young mother was identified and empowered as a GBV Champion, subsequently leading a GBV awareness session at Bokole CDF facility. This reflects strengthened leadership, peer-to-peer influence, and the sustainability of community-led GBV prevention efforts





Empowered Determined Young Mothers for Care Justice (EDYMCJ)

The Empowered Determined Young Mothers for Care Justice (EDYMCJ) Project was an eight-month project implemented in Changamwe and Jomvu, targeting young mothers aged 18–35 years, with support from Oxfam Kenya. The project addressed the unequal burden of unpaid care work by promoting its recognition, encouraging redistribution of caregiving duties including male engagement reducing excessive care demands, building young mothers' leadership and advocacy skills and challenging harmful gender norms to enable fuller participation in education, employment and community life.



Key Outcomes

Individuals reached through project interventions

1,245

- 1,000 females (80%)
- 245 males (20%)

Young mothers (18–35 years) trained on leadership, advocacy, and care justice, enhancing their capacity to influence decision-making and advance gender-equitable caregiving practices



Community members, including men, engaged in awareness campaigns on shared caregiving responsibilities, contributing to positive shifts in social norms and increased support for unpaid care work



Key Outcomes

The formation of **two Village Savings and Loan Associations (VSLAs)** strengthened financial inclusion for **30 young mothers**, enabling regular savings, access to credit, and improved financial management. As a result, **7 participants successfully started small businesses**, enhancing their economic independence and household resilience.

1



MYM contributed to **policy advocacy** by submitting a memorandum during the ratification of **ILO Conventions No. 189 & 190**, promoting labour rights, safe working conditions, and decent work particularly for vulnerable women.



2

Institutional capacity was strengthened through the development of **three key governance policies** Anti-Fraud & Corruption, Community Feedback Mechanism, and Whistleblower policies enhancing transparency, accountability, and organizational integrity.



3

SHOFCO

**YOUTH
VOICE** AND
EMPOWERMENT
Project

Total beneficiary reached:
Direct: 20 pax
Indirect: 500+

Key Outcomes



The Youth Voice Project was a one-year project implemented in Changamwe and Jomvu, targeting 30 young mothers aged 18–35 years, with support from the Shining Hope for Communities (SHOFCO). The project aimed to enhance the socio-economic well-being of young mothers by building skills, promoting financial inclusion, supporting entrepreneurship and amplifying their voices in community decision-making.

Key Outcomes

20 young mothers (18–35 years) reached
through targeted project interventions

➡ •20 females (100%)



20 participants capacitated through integrated support including training, mentorship, life-skills development, and baking skills, enhancing their economic resilience and self-reliance



Participants linked to financial opportunities, including financial literacy programs, savings groups, and funding pathways, strengthening their access to sustainable livelihoods and economic empowerment

Through targeted skills development and asset support, **20 young mothers (aged 18–24) were trained in baking and entrepreneurship**, supported by the acquisition of a commercial oven. As a result, **5 participants successfully established their own businesses**, leading to increased income generation, enhanced confidence, and strengthened economic empowerment among beneficiaries.




SHOFCO

Mazingira Project

The MAZINGIRA Project was a one-month project implemented in Chagamwe, targeting 30 youths and young mothers aged 18–35 years trained for three months, with support from the Shining Hope for Communities (SHOFCO). The project aimed to empower participants by providing skills training, financial access and employment opportunities to enhance livelihoods and promote sustainable economic growth.

Key Outcomes

- Through market-driven vocational training, **25 young mothers and 5 youth** acquired practical skills in hairdressing, beauty, and barbering. This led to **9 young mothers establishing their own businesses** and **2 youth securing employment as barbers**, contributing to improved livelihoods and reduced unemployment.
- The project enhanced visibility and public engagement by being featured in **mainstream media**, strengthening awareness of youth empowerment and livelihood initiatives

Key Outputs

30 participants (18–35 years) reached through targeted livelihood interventions

- 25 females (young mothers) – 83%
- 5 males (youth) – 17%

30 participants trained in marketable vocational skills, including beauty therapy, hairdressing, and barbering, strengthening their employability and pathways to self-employment



Participants linked to financial inclusion opportunities, including financial services, savings groups, and micro-loans, enabling them to start or expand income-generating activities and improve economic stability





ACHIEVEMENTS

1.Capacity Building for Young Mothers: Thirty young mothers (30) from Jomvu and Chagamwe were trained in advocacy, leadership, and economic empowerment. This led to the formation of two Village Savings and Loan Associations (VSLAs), which now provide members with sustainable access to savings, credit facilities, and peer support, strengthening their financial independence and collective resilience.

2.Institutional Strengthening: The project enhanced the operational capacity of Mombasa Young Mothers CBO by equipping the office with essential furniture, workstations, and equipment. This created a more professional and efficient working environment, improving staff productivity, coordination, and service delivery.

3.Male Engagement and Community Transformation: Male engagement forums empowered men to champion gender equality and the redistribution of unpaid care work. Participants established Maskani Talks, a peer platform where men mentor others on shared caregiving responsibilities and positive masculinity, promoting lasting behavioral change at household and community levels.

4. Community Leadership and Norm Change: Community dialogues strengthened the capacity of local leaders to address harmful cultural norms and gender stereotypes. Equipped with this knowledge, leaders conducted community sensitization that contributed to improved attitudes and a reduction in discrimination and rights violations affecting unpaid care workers.

2. Stakeholder and Policy Engagement: Through consultative meetings, policymakers and key stakeholders gained a deeper understanding of the project framework, objectives and strategic direction. These forums fostered dialogue, strengthened coordination and enhanced commitment to addressing SGBV at both policy and community levels.

3. Strengthened Partnerships and Collaboration: Continuous engagement resulted in stronger partnerships, increased stakeholder ownership, and a demonstrated willingness to support survivors and advance gender justice initiatives. The project has made measurable progress in influencing attitudes and laying the groundwork for sustained collective action.

4.Enhanced SRHR Knowledge and Service Capacity: Participants strengthened their communication, counseling and referral skills, enabling them to deliver accurate, youth-friendly Sexual and Reproductive Health and Rights (SRHR) information. They also gained practical skills in explaining contraceptive methods, identifying STI symptoms, and linking individuals to appropriate health services.

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Achievement Cont....

5. Creation of Safe and Inclusive Spaces: Training improved participants' ability to facilitate safe, confidential and inclusive environments for discussions on SRHR and personal well-being, ensuring vulnerable individuals feel supported and empowered to seek information and services.

6. Mental Health Capacity Development: Participants demonstrated improved understanding of mental health signs, symptoms and risk factors and acquired practical skills in mental health first aid, crisis response and referral. This strengthened community-based support systems and early intervention mechanisms.

7. Rights-Based Advocacy Skills: Participants enhanced their capacity to identify rights violations and advocate for accessible, rights-based services, contributing to improved accountability and increased access to support systems for vulnerable populations.

8. Livelihood and Skills Development: Ten (10) participants successfully completed introductory and advanced baking training modules, with seven initiating home-based baking enterprises for income generation. Trainees also showed increased confidence, teamwork, creativity and entrepreneurial initiative, indicating progress toward economic empowerment and self-reliance.

SUCCESS STORIES

“Lucy Achieng Muga

My name is Lucy Achieng Muga, a high school graduate with training in catering and a growing entrepreneur committed to empowering young mothers and adolescent girls.

My leadership journey began when I joined the Youth Voice Project through Mombasa Young Mothers CBO. Through this experience, I gained practical skills in baking, entrepreneurship, and financial literacy. These skills gave me both the knowledge and confidence to start and manage my own business.

Before joining the program, I had limited economic opportunities and often doubted my ability to achieve my goals. However, through mentorship, exposure, and continuous capacity-building, I began to believe in myself. I developed confidence, clarity of purpose, and the courage to take control of my future.

Using the skills I gained, I started my own catering business. With dedication, proper financial planning, and consistency, my business has grown steadily and now provides me with a stable income. Today, I am financially independent, confident, and able to make informed decisions about my life.

My journey has inspired me to support other young mothers and girls. I now mentor and encourage them to believe in their potential and pursue economic empowerment, just as I did.

Looking ahead, I want to expand my business and reach even more young women through mentorship and skills sharing. I am committed to contributing to stronger, more resilient communities where young mothers can thrive.

My story shows that with the right support, opportunity, and determination, it is possible to transform one's life and create a better future.

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SUCCESS STORIES CONT.....

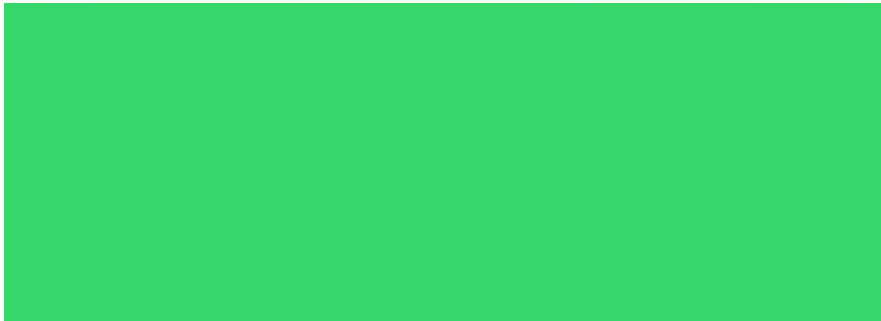
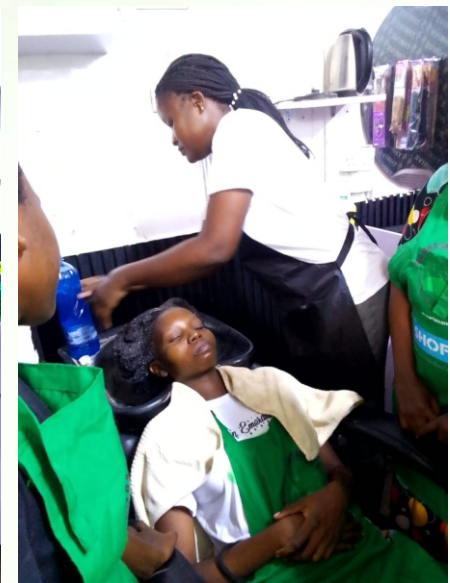
Getrude Muhaji

My name is Getrude Muhaji, a 23-year-old living in Changamwe Sub-County. After completing my secondary education, I felt lost and uncertain about my future. As a survivor of gender-based violence and someone struggling with low self-esteem, I had no clear direction in life. I spent many of my days idle and often found myself surrounded by negative influences.

Everything began to change when I joined the ARISE Project mentorship program. Through the guidance, encouragement, and consistent support I received, I slowly started to rebuild my confidence. I began to recognize my strengths, improve my communication skills, and develop a strong desire to learn and grow.

The program gave me a safe space to heal, reflect, and rediscover my purpose. Step by step, I regained my self-belief and started to see new possibilities for my life.

Today, I am a confident, motivated, and hardworking young woman. I am focused on building a better future for myself and contributing positively to my community. My journey has shown me that with the right support and opportunities, it is possible to overcome challenges and transform your life.





Mombasa Young Mothers CBO FOOTPRINTS

Counselling and psychosocial support are essential in empowering individuals by enhancing self-awareness, resilience, and overall mental well-being. Through structured and guided support, participants are able to navigate personal and professional challenges, develop healthy coping mechanisms, and strengthen their decision-making and interpersonal skills. For young mothers and community leaders, this support builds confidence, reduces stress, and fosters personal growth enabling them to take on leadership roles and contribute meaningfully to sustainable community development.

I had the privilege of facilitating a transformative Gumzo Mtaani dialogue session, where young people came together in a safe, open, and empowering space to discuss mental health. During the session, we explored the importance of mental well-being, identified common triggers and challenges affecting young people, and shared practical strategies for coping and building resilience.

I also emphasized the importance of self-care practices, the power of positive affirmations, and practical approaches to strengthening confidence and emotional well-being. By creating a supportive environment where young people could freely share their experiences, learn from one another, and reflect, we are actively breaking the stigma surrounding mental health and nurturing a generation that values wellness, empathy, and personal growth.

— Margret Manga, Volunteer, Mombasa Young Mothers CBO



2025 Communication, Visibility and Publicity

The project achieved significant visibility and public engagement through strategic media outreach and digital platforms, strengthening awareness and amplifying its impact within the community.

·Featured in 3 mainstream media platforms, enhancing public awareness and stakeholder engagement on key project themes
Digital media coverage and online engagement:

https://www.youtube.com/shorts/JWYNI38_NdA

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https://www.youtube.com/shorts/R_IHnQKCXxs

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https://www.youtube.com/watch?v=WDFWcj_ZdS0

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https://www.youtube.com/watch?v=vCp7udyB_pk

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STRATEGIC PARTINERS



Republic of Kenya



COUNTY GOVERNMENT
OF MOMBASA



Changing You, Transforming All!



OXFAM





Photo Gallery





Photo Gallery





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