



# **EMPOWERHER TO HEAL FROM ABUSE AND OVERCOME DEPRESSION PROGRAM**

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**REPORT**

## 2. EmpowerHer: To Heal from Abuse and Overcome Depression

**EmpowerHer: To Heal from Abuse and Overcome Depression** has been supporting women since 2018 by providing depression awareness, healing, and self-care skills. The program builds thriving support groups led by trained community leaders. Through this initiative, we create a lasting impact within families and communities.

### **Eligibility:**

#### **Eligibility Criteria for EmpowerHer Program**

The EmpowerHer program is open to women who meet the following criteria:

1. **Experienced Depression Due to Abuse:** Applicants must have experienced depression stemming from abuse, as the program is designed to support healing from trauma.
2. **Age Requirement:** The program is available to women aged 18 and above.
3. **Community Leadership:** Applicants must be community leaders responsible for a group of at least 10 women. The program prioritizes women who are already in positions where they can share what they learn with others.
4. **Family Connection:** Preference is given to women with families, ensuring the impact of the program extends into their households and communities.

5. **Commitment to Learning and Sharing:** Participants must be committed to completing the program and passing on the skills and knowledge to their group of 10 women, with a focus on cascading the benefits into families and communities.

## **FINANCIAL AID**

The EmpowerHer program is fully sponsored by the Trust and covers facilitation, training materials, and program resources. The training is delivered directly in the communities in Nairobi, Kenya, over a full week, with sessions running from morning to afternoon. Participants are responsible for providing the training facility, which includes a suitable venue, essential amenities (e.g., toilets), and supplies such as writing pads, pens, lunches, teas, and breaks. Attendance for the entire week is required to receive a certificate.

## **COMMUNITY COMMITMENT AGREEMENT**

### **Community Agreement:**

The EmpowerHer program is fully sponsored to ensure accessibility for women from underserved communities in Nairobi, Kenya. To foster a sense of responsibility and commitment, participants are required to adhere to our

### **Community Support Commitment:**

1. **Full Attendance:** Participants must attend all sessions during the week-long training to receive a certificate.

2. **Shared Responsibility:** Communities are expected to provide the training venue, essential amenities (e.g., toilets), and participant supplies such as writing pads, pens, meals, and refreshments.
3. **Giving Back to the Community:** Participants commit to applying what they've learned within their community groups, ensuring the benefits of the program extend beyond individual growth and create a ripple effect of support and healing.
4. **Building a Network of Support:** By joining this program, participants agree to contribute actively to a community of women dedicated to supporting each other's journeys toward healing and resilience.

### **Building a Community that Focuses on Community Mental Wellbeing**

The EmpowerHer program is not just about individual healing—it's about creating lasting change by building a network of women who uplift and support each other.

By completing the program, participants become part of a larger movement dedicated to breaking the cycle of depression and fostering resilience in their families and communities.

Each participant is expected to share what they learn with their community groups, ensuring the impact reaches beyond the individual and spreads throughout their network. Together, they help build mentally healthy and supportive communities that prioritize collective well-being.

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# Core pillars of EmpowerHer: To Heal from Abuse and Overcome Depression

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## Core Principles of EmpowerHer

### 1. **Healing & Empowerment**

We prioritize creating safe spaces where women can heal, grow, and reclaim control of their lives while empowering others in their communities.

### 2. **Accountability & Support**

We act responsibly in our choices and behaviors, valuing each other's voices and supporting one another in our shared mission to build resilience.

### 3. **Transparency & Trust**

We communicate openly and honestly, fostering trust within our community and ensuring that our actions align with our values.

### 4. **Continuous Growth & Learning**

We are committed to personal growth and learning, continually seeking ways to improve our well-being and leadership skills.

### 5. **Community Engagement & Responsibility**

We believe that active participation and shared responsibility build

stronger, more resilient communities. Each member's involvement is crucial to the program's success.

#### 6. **Sustained Impact**

We are dedicated to passing on what we learn, ensuring the benefits extend into our families and communities, creating a lasting legacy of support and healing.