

COMMUNITY-BASED ORGANIZATION



UBUNTU HEALING INITIATIVE

"I am because we are" - The African Philosophy of Ubuntu

Promoting Mental Wellness, Hope, and
Community Transformation

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LOCATION

Nairobi, Kenya



About Our Organization

ORGANIZATION BACKGROUND

Ubuntu Healing Initiative is a Community-Based Organization (CBO) established to address mental health challenges, substance abuse, and social well-being within communities. The organization is registered under the Ministry of Labor and Social Protection as a non-profit, non-religious, and non-political organization serving all humanity. Recognizing the growing burden of mental health issues, drug and substance abuse, and limited access to psychosocial support services, Ubuntu Healing Initiative seeks to empower individuals, families, and communities through awareness, training, counseling, mentorship, research, and advocacy.

OUR VISION

Build resilient and inclusive communities where every vulnerable individual is supported, healed, and empowered through mental health initiatives – where every person can achieve their full potential.

OUR MISSION

To strengthen communities in mental health and build resilience among vulnerable children, women, and refugees through safe spaces, psychological support, counseling, capacity building, prevention programs, research, and community-based empowerment programs.

CORE VALUES

Ubuntu (Humanity)

We uphold shared humanity, recognizing that healing is rooted in community and collective care. "I am because we are."

Dignity and Respect

We treat every individual with compassion, respect, and inherent worth regardless of their circumstances.

Inclusion

We serve all, especially refugees, children, and women affected by trauma – without discrimination.

Protection and Safety

We foster safe, supportive environments that promote trust, healing, and well-being for all beneficiaries.

Empowerment

We equip individuals with the knowledge, skills, and support needed to rebuild and thrive in their communities.

Accountability

We operate with integrity, transparency, and responsibility in all our actions and interventions.

MAIN OBJECTIVE

To improve the mental health and psychosocial well-being of communities through comprehensive, accessible, and sustainable interventions.



Programs and Services



PROGRAM A

Mental Health Training

The organization conducts comprehensive training programs aimed at improving mental health literacy among community members, institutions, and organizations.

KEY ACTIVITIES:

- Mental Health Awareness Workshops
- Stress Management Training
- Psychological First Aid Training
- Workplace Wellness Programs
- School-Based Mental Health Education
- Seminars and Conferences



PROGRAM B

Counseling and Psychosocial Support

Ubuntu Healing Initiative offers professional, trauma-informed counseling services to individuals, families, groups, and institutions affected by distress, violence, or displacement.

SERVICES OFFERED:

- Individual Counseling
- Family Counseling
- Marriage Counseling
- Grief and Loss Counseling
- Trauma Counseling
- Referral Services



PROGRAM C

Drug and Substance Abuse Prevention

The organization implements prevention and rehabilitation support initiatives to reduce substance abuse risks in communities.

KEY ACTIVITIES:

- Community awareness campaigns
- School outreach and education
- Peer education and mentorship
- Recovery support groups
- Referral to treatment facilities



PROGRAM D

Youth Mentorship Programme

The mentorship programme equips young people with skills and guidance for personal growth, leadership, and career development.

- Leadership development and training
- Career guidance and counseling
- Life skills and personal development
- Talent development programs



Programs (Continued)



PROGRAM E Research and Advocacy

Ubuntu Healing Initiative undertakes research to strengthen community interventions and influence policy at local and national levels.

- Community needs assessments
- Program evaluations and impact studies
- Mental health surveys and data collection
- Policy advocacy and engagement
- Publication of research findings



PROGRAM F Safe Spaces for Women and Children

Establishing secure environments for protection, healing, and access to support services for vulnerable women and children.

- Safe and secure meeting spaces
- Psychosocial support and counseling
- Referrals to protection services
- Community outreach for refugees
- Empowerment and skills training

TARGET BENEFICIARIES



Youth and Adolescents

Young people needing guidance



Women and Girls

Affected by trauma and violence



Men and Fathers

Male caregivers and community



Schools

Institutions and educators



Community Groups

Local support networks



Substance Abuse Affected

Persons struggling with addiction



Families and Caregivers

Family units providing care



Refugees and Vulnerable

Displaced and at-risk populations

SPECIFIC OBJECTIVES

- 1 Promote mental health awareness and education across all community segments
- 2 Prevent and reduce drug and substance abuse through targeted programs
- 3 Provide accessible counseling and psychosocial support services to all
- 4 Empower youth through mentorship and life skills development
- 5 Conduct research to inform evidence-based interventions and policy
- 6 Advocate for mental health awareness and social inclusion at all levels



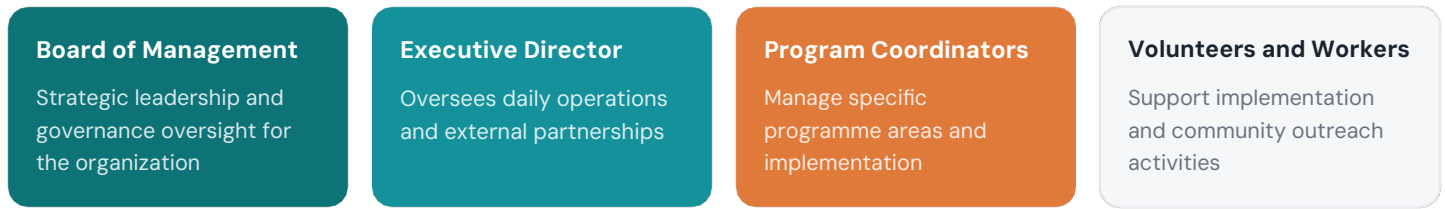
AREA OF OPERATION

Ubuntu Healing Initiative operates within Kenya and seeks to expand its services across counties through strategic partnerships and community networks. We aim to reach underserved communities with mental health support.

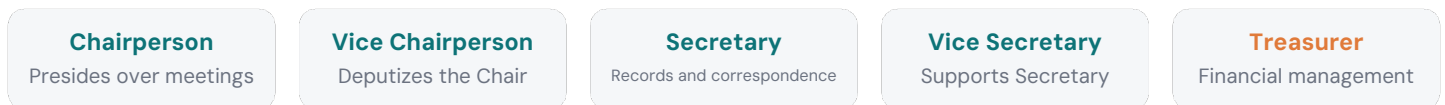


Organizational Structure

GOVERNANCE STRUCTURE

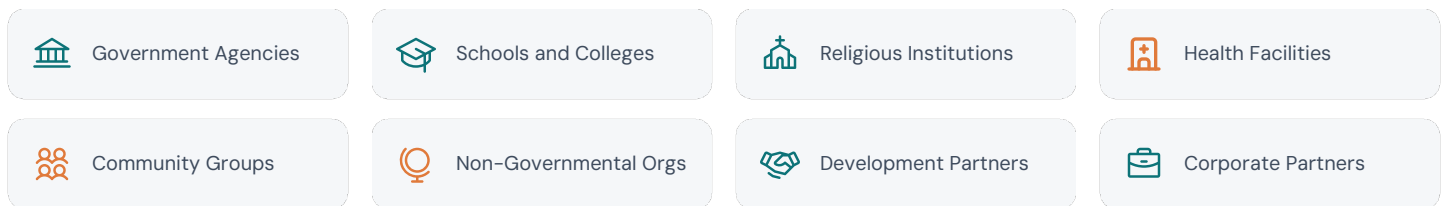


OFFICE BEARERS



PARTNERSHIPS AND COLLABORATIONS

Ubuntu Healing Initiative collaborates with various stakeholders to expand reach and enhance service delivery:



SUSTAINABILITY STRATEGY

To ensure long-term impact and organizational continuity:



MONITORING AND EVALUATION

We track progress through beneficiary feedback, activity reports, attendance records, outcome assessments, and impact evaluations to ensure accountability and continuous improvement in all our programs and interventions.

SOURCES OF INCOME





Future Plans and Contact

We Are Just Getting Started

Ubuntu Healing Initiative is a newly established organization, building our foundation to create lasting impact in mental health and community wellness.

FUTURE PLANS AND STRATEGIC GOALS



Expand Services Across Kenya

Scale mental health services to more counties through community networks and partnerships.



Community Counseling Centers

Establish permanent counseling facilities in underserved communities.



Research and Resource Center

Establish a dedicated center for mental health research, resources, and knowledge sharing.



Strengthen Prevention Programs

Enhanced substance abuse prevention through targeted community interventions.



Increase Youth Mentorship

Scale up youth development initiatives and leadership programs.



Digital Mental Health Platforms

Develop online support and resources to reach more people digitally.

Partner With Us

Join us in building a mentally healthy Kenya. Whether you're an organization, institution, corporate partner, or individual, your support can help us reach more communities and transform more lives.

GET IN TOUCH



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Community-Based Organization

Registered under the Ministry of Labor and Social Protection, Kenya