



SUMMER
NEWSLETTER



Welcome to the Summer Edition of Uzima's Newsletter!



Dear Uzima Community,

Summer is here, and with it comes a season of growth, warmth, and vibrant energy! As we bask in the long days and sunny skies, we're excited to share the latest updates and stories from our incredible community.

In this edition, you'll find inspiring tales of empowerment, exciting program highlights, and upcoming events designed to bring us together and celebrate our achievements. Our journey is fueled by your unwavering support and dedication, and we are grateful for every step we take together.

From transformative workshops and training sessions to powerful initiatives addressing gender-based violence and youth empowerment, Uzima continues to thrive because of your contributions. Together, we are creating a brighter, more equitable future for our Black communities.

So, grab a refreshing drink, find a cozy spot in the sun, and dive into this vibrant edition of our newsletter. Let's celebrate the season of growth and the incredible strides we're making together.

Message from the Director



Summer is here and we are happy to share our summer newsletter. We believe you are all enjoying your summer like we are at Uzima! We had a very busy spring working with some of you to finish our projects. Uzima conducted youth and seniors' workshops and in-person events attended by many of our youth and seniors in the community.

We would like to remind all our supporters to visit our youth-developed website ([Welcome to SUVAT - Youth Violence and Anti-Human Trafficking](#)) and subscribe to support youth. See more on this website in the following pages.

As we continue to build partnerships with community organizations, we would like to thank all of you who have formed these partnerships with us and looking forward to building more so that we can support each other better.

As a B3 organization Uzima continues the fight for justice for Black communities in Canada. We are working closely with elected officials to advocate for equality on all fronts. Many B3 organizations are denied funding without a just cause. It is time for B3 organizations and all supporters to address this issue more proactively by engaging policy makers.

Black people are experiencing more social determinants of health that continue to push them into unending poverty and we the leaders need to start pushing for this "poverty by skin colour" to end. Uzima uses social media to get to all supporters. Please follow our social media and support our cause.

We highly appreciate all your visits. This has made Uzima gain more local and international recognition and we look forward to your continued support.

We thank all our partners, supporters, collaborators, funders and our dedicated volunteers. Please get out and enjoy summer.

Dr. Jacobet Wambayi

CEO / FOUNDER



Our Program Highlights

YVHTPP Events:

The Youth Violence and Human Trafficking Prevention Program has been continuously supporting and empowering at-risk and vulnerable youth within the community through workshops and pro-social activities. As the 2023-2024 fiscal year for the project ended in March, we would like to share a recap of the spring events we have engaged youth with:



Art Therapy Sessions: Fostering Growth and Empowerment

We are thrilled to share the success of our four Art Therapy sessions, which have now concluded. Under the guidance of our art therapist, Rakshanda Khan, international students from Loyalist Business College, had the opportunity to explore their creativity and address personal challenges through artistic expression.

Throughout February and March, our engaging sessions provided a nurturing environment for youth aged 16-29 to delve into their emotions, cultivate new skills, and connect with peers and support in a group setting. Participants were able to channel their thoughts and feelings into meaningful artworks, fostering not only personal growth but also enhancing their professional development.

By offering a platform for self-expression, our Art Therapy sessions aimed to empower students, instill confidence, and promote overall well-being. We are proud to have facilitated an environment where individuals felt supported and encouraged to explore their inner selves through the transformative power of art. We have received a lot of positive feedback from students, community members, and staff from the college regarding our efforts.

As we reflect on the completion of these sessions, we remain committed to providing meaningful opportunities for youth to thrive, and we look forward to continuing our mission of nurturing creativity and resilience in our community.



Stay tuned for future initiatives as we continue to empower youth and foster a culture of growth and self-expression.

Our YOUTH PROGRAMS

Navigating the Self: Youth Wellbeing & Empowerment

"Navigating the Self: Youth Wellbeing & Empowerment," was held on Saturday, March 23rd, 2024, at the Malvern Family Resource Centre. This event provided an enriching space for youth to explore mindfulness, stress reduction techniques, and creative self-expression.

One of the highlights of the day was the empowering art activity led by Rakshanda Khan where participants had the opportunity to create their own "tree of life". Rakshanda guided participants through the creation of their own "tree of life" using art materials, allowing them to symbolize their journeys, strengths, and aspirations through the branches and roots of their individual trees.

Additionally, esteemed guest speakers Rhonda Bennett, a Registered Psychotherapist (Qualifying), and Sumaira Choudhury, also engaged youth with thoughtful and practical discussions. Rhonda focused on helping youth discover their passions, career paths, and aspirations, while Sumaira provided guidance on navigating trauma and introduced mindfulness and stress reduction techniques.

By engaging in these activities and discussions, participants gained practical tools to navigate life's challenges with greater ease and confidence. Furthermore, they accessed valuable mental health resources and self-expression techniques to support their ongoing journey towards holistic well-being.

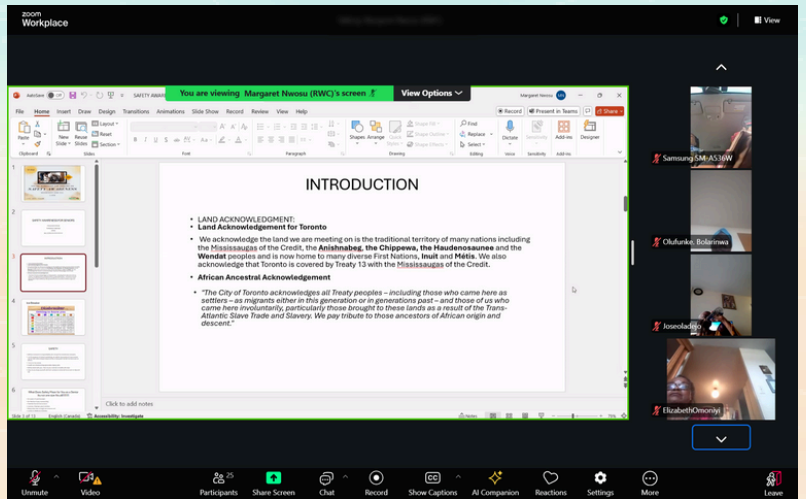
SUVAT

There have been immense advancements with the SUVAT website, the digital platform led by our participating youth. SUVAT is a project designed to cultivate long-term pro-social activities that empower adolescents to become the voice of their stories in the media. The project also aims to combat stigma, creating a united front to alleviate the fear of public awareness instilled in youth by perpetrators of violence and human trafficking. Please visit our site to learn more at suvat.ca and consider subscribing to our services!



AWAH Project

Seniors Program



AWAH Project

Seniors Program



As we soak in the warmth and vibrancy of summer, we're excited to share the latest updates from our Age Well at Home (AWAH) initiatives for seniors. Our focus on creating engaging, budget-friendly activities has sparked great enthusiasm, with more seniors joining us in our recent events.

Recent Highlights:

Interactive Virtual Workshops: Uzima hosted an engaging virtual workshop where seniors openly discussed what has previously worked and not worked for them, preferred activities, and the challenges they continue to face. Building on this momentum, we facilitated two additional workshops on safety awareness and staying connected through technology.

Emotional Wellness Webinars: BTO led a series of thought-provoking webinars, starting with "Working through Emotional Moments," presented by Oluyinka Marcus. This insightful session provided valuable support for navigating complex emotions. The series continued with "Navigating Challenging Family Relationships," offering practical advice on common issues. And finally, "Thinking About Thinking" (Rethinkability) webinar series, led by Ivan Bagunywa. This series inspired seniors to explore innovative ways of thinking and problem-solving.



Mental Health & Digital Literacy: The Kenya Canada Association (KCA) organized an insightful webinar on mental health and wellness, addressing key concerns for our seniors. KCA also hosted a workshop on digital and financial literacy, with a special focus on cybersecurity—an essential topic in today's digital age.



These initiatives have been instrumental in enriching the lives of our seniors, helping them gain new knowledge, build meaningful connections, and enhance their overall well-being. We're committed to continuing this journey of support and engagement, and we look forward to bringing you more exciting activities and updates in the months ahead!

Support Uzima Women Relief Group International

Your donation helps empower women and transform communities. Every contribution makes a difference.

Ways to Donate:

1. Bank Cash Deposit

- Institution Code: 010
- Transit Number: 02532
- Account Number: 5148219

2. Email Transfer (Interac E-transfer)

- Payee: Uzima Women Relief Group International
- Email: info@uzimawomeninternational.org

3. Mail Donation

- Payee: Uzima Women Relief Group International
- Mailing Address: 100 Consilium Place Suite #200,
- Scarborough, ON, M1H 3E3

Donate Today and Make a Lasting Impact!
Thank you for your support.



Closing Note

Dear Uzima Community,

We are immensely grateful for your unwavering support and dedication. Your contributions—through volunteering, donations, and advocacy—are vital to our mission. Together, we've made significant strides in empowering our Black communities. We encourage you to stay involved, join our events, and continue advocating for positive change. Thank you for being a crucial part of Uzima's journey.

With gratitude,

The Communications Team
Uzima

Stay Connected

Office Hours:

Sunday Closed

Monday 9 a.m.–5 p.m.

Tuesday 9 a.m.–5 p.m.

Wednesday 9 a.m.–5 p.m.

Thursday 9 a.m.–5 p.m.

Friday 9 a.m.–5 p.m.

Saturday Closed

Social Media Handles



www.linkedin.com/company/uzima-women-relief-group-international



www.instagram.com/uzimawomen



www.youtube.com/channel/UCJ3tQ46xDRQ1-GMSdfpKunQ



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