

Quarterly **NEWSLETTER**



**Empowering Black
Communities
Together**

**Jul - Sep
2024**





Welcome Note

Welcome to our Fall 2024 Newsletter!

As the leaves change color and we embrace the cozy fall season, Uzima continues to grow and evolve in service to our communities. We are proud to reflect on the impactful initiatives we've undertaken this year and excited to share what's in store for the remainder of 2024. We remain committed to our mission of empowering Black and marginalized communities through education, health, and economic stability.

Stay with us as we dive into the amazing work being done at Uzima and learn how you can continue to support our vision!

Uzima Communications Team



Message from the Executive Director



We are happy to share with you our quarterly newsletter that highlights our activities during the summer months. We believe you all enjoyed your summer like we did at Uzima! We had a very busy summer concluding some projects and continuing with current ones. For those of you who participated in our events please continue to do so. Uzima conducted youth and seniors' workshops, and in-person events attended by many of our youth and seniors in the community.

As we have done every year, I travelled to Kenya and worked with the women groups on the ground. Activities in Kenya included a two-day conference and the AGM for Uzima Kenya. The event was very successful and well attended by members from across the country. Community groups led by women were grateful for the support they received from Canada. As you know all proceeds from our fundraising activities here go towards supporting these communities.



Please let us continue to do this. We kindly appeal to you to support our efforts. You will find a mark the date flyer in this newsletter for the fundraising dinner scheduled for March 8, 2024.

Please also follow and like our social media from our websites to social platforms. We share a lot of educational information and publicize our events and activities. We want you to be part of our engagements. We are excited to inform you that our youth-developed website ([Welcome to SUVAT - Youth Violence and Anti-Human Trafficking](#)) is now available in all languages. Just select your language e.g Kiswahili and many others. Please also subscribe to support youth. See more on this website and how to subscribe in the following pages.

We would like to thank all of you who have formed formal partnerships with us and looking forward to building more so that we can support each other better. Please remember as Black-led, Black-serving and Black-focused (B3) organizations the battle for equality is far from over. Please join Uzima as we work with elected officials to address the issue of inadequate or 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. Please call us on how you can support.

We wholeheartedly thank all our partners, supporters, collaborators, funders and our dedicated volunteers.

Thank you,

Jacobet Edith Wambayi PhD

Executive Director

Recent Events & Program Highlights



Age Well at Home (AWAH)

As part of the Age well At Home (AWAH) initiative to improve Black seniors' health and wellness while they age at home with their families, the period July to September which was well into the summer season, provided an opportune time to get our seniors to engage in meaningful and pro-social activities that greatly benefited their well-being, social connection and community involvement hence fostering a sense of belonging and support.

July 24, 2024

Virtual Workshop on Confronting Anti-Black Racism While Navigating Services

This workshop empowered Black seniors by raising awareness of anti-Black racism and equipping them with tools and strategies to navigate services effectively. Participants were fully engaged during the workshop and left feeling more knowledgeable and empowered to navigate services with confidence and resilience. Additionally, they felt more empowered to advocate for themselves and their communities.



.August 23, 2024

Virtual Workshop on Seniors Benefits and Services

This session provided seniors with information about available benefits, services and resources enhancing their understanding and ability to navigate resources to improve their quality of life. Attendees gained practical tools and increased confidence in advocating for their needs.



Recent Events & Program Highlights

Age Well at Home (AWAH)

September 13, 2024

In-Person Workshop on Enhancing Mental Health for Black Seniors

This very interactive workshop focused on providing culturally relevant knowledge and resources to improve mental health and resilience. Seniors shared their thoughts and experiences and gained practical tools for coping strategies and community support, fostering empowerment and well-being.



Recent Events & Program Highlights

Age Well at Home (AWAH)

September 20, 2024

Seniors' Trip to Niagara Falls

Marking the end of summer, this trip was a highlight for the seniors. Organized in response to their requests, it celebrated their contributions to the community and aimed to enhance their well-being and create lasting memories. As the AWAH Project aims to address critical aspects of seniors' mental health, this trip not only served this purpose but also provided them with an experience that will have a profound and lasting impact on their mental and emotional health. Niagara Falls is not merely a tourist destination but a powerful therapeutic opportunity for seniors and everyone who is looking to have fun, relax, create lasting memories, interact and capture the wonders of creation. Seniors benefitted from the physical activity and mental stimulation associated with travel as well as the boat ride



Recent Events & Program Highlights

September 20, 2024

Seniors' Trip to Niagara Falls

Age Well at Home
(AWAH) ctd.



Recent Events & Program Highlights

The East African Experience In Canada Event

August 24th, 2024

Uzima also participated in the East African experience event which aimed at providing a platform for vendors of East African origin to celebrate and showcase the rich cultural heritage of East Africa, fostering community engagement and cross-cultural understanding among participants in Canada. Participants gained a deeper appreciation for East African culture through food, music, and art, while building connections with community members and promoting inclusivity and dialogue among diverse groups.



Recent Events & Program Highlights

Project in Kenya

July 18 – 19, 2024

UIn July Executive Director visited the women groups in Kenya. The women groups in various communities across the country were invited to a two-day conference in Western Kenya. The event was held at Zion Guest house in Bungoma town. Approximately 100 people participated including women, men and youth. More women groups have joined Uzima, Kenya making a total of 150 women actively engaged in farming projects and other income generating activities. As women continue to practice kitchen gardening, animal farming has increased with more homes engaged in dairy and poultry farming. There were presentations by all groups on the work they are doing. Additionally, there were presentations on health with a focus on mental health and disabilities in the community. The conference ended with the AGM on the second day. New members were registered and encouraged to join existing projects or start new ones



Uzima Kenya
www.uzimakenya.org

Youth Empowerment Workshops

In May and June, we conducted two workshops focusing on critical topics relevant to youth safety and healthy relationships.



May 29 Human Trafficking 101 for Youth:

This session aimed to raise awareness about human trafficking, highlighting its warning signs and tactics used by traffickers. It also incorporated elements of healthy relationships, helping youth understand boundaries, consent, and the importance of self-worth. Our team introduced themselves, provided an overview of our work, and engaged participants in discussions on how to stay safe, recognize potentially dangerous situations, and access resources.

June 25 Online Safety & Intimate Partner Violence:

In this workshop, we explored various forms of online and intimate partner violence. We discussed cyberviolence, including cyberbullying, cyberstalking, and sextortion, as well as dating rights and how to build healthy relationships. The workshop provided practical tips on responding to cyberviolence, creating a positive digital footprint, and understanding consent. Participants were encouraged to ask questions and share experiences, fostering a space for open dialogue and learning.

Birthday Celebrations: Honoring Jacobet & Ben

Ben's Birthday

Ben has been a cornerstone of Uzima's financial team, keeping our books balanced and ensuring the success of our financial operations. His attention to detail and passion for the community are invaluable to us.

Happy Birthday, Ben! 🎉🍰 We're so grateful for all you do!



Jacobet's Birthday

Jacobet, our Executive Director, has been leading Uzima with unwavering dedication and a strong vision. Her leadership, passion, and guidance have propelled Uzima to new heights, and we are excited about all the great things to come under her leadership.

Happy Birthday, Jacobet! 🎉🍰 Thank you for your incredible leadership and commitment!



Upcoming Events & Announcements



MENTAL HEALTH TOWNHALL INVITATION

Uzima invites you to join us for an open discussion on mental health, building awareness, and community support.

FREE EVENT



Date: November 16th, 2024

Time: 9:30 AM - 3:00 PM

Location: JC's Banquet Hall
1686 Ellesmere Rd, Scarborough, ON M1H 2V5

Lunch Provided



INVITATION À LA RÉUNION PUBLIQUE SUR LA SANTÉ MENTALE

Uzima vous invite à vous joindre à nous pour une discussion ouverte sur la santé mentale, la sensibilisation et le soutien de la communauté.

ÉVÉNEMENT GRATUIT



Date : 16 novembre 2024

Heure : 09h30 - 15h00

Lieu: JC's Banquet Hall
1686 Ellesmere Rd, Scarborough, ON M1H 2V5

Déjeuner offert

SAVE THE DATE!



UZIMA WOMEN RELIEF GROUP INTERNATIONAL



MARCH 08TH, 2025

TICKET PRICE: \$150
SENIORS: \$75
CHILDREN 5 AND UNDER: FREE
EARLY BIRD TICKETS: \$100 (ENDS DECEMBER 15, 2024)

UZIMA WOMEN RELIEF GROUP INTERNATIONAL'S ANNUAL FUNDRAISING DINNER

JOIN US FOR AN UNFORGETTABLE EVENING OF INSPIRATION, IMPACT AND EMPOWERMENT AS WE COME TOGETHER TO SUPPORT VULNERABLE WOMEN AND COMMUNITIES.

MORE DETAILS TO FOLLOW—MARK YOUR CALENDARS!

RÉSERVEZ LA DATE !



UZIMA WOMEN RELIEF GROUP INTERNATIONAL



08 MARS 2025

PRIX DU BILLET : 150 \$
AÎNÉS : 75 \$
ENFANTS DE 5 ANS ET MOINS : GRATUIT
BILLETS À TARIF RÉDUIT : 100 \$ (SE TERMINE LE 15 DÉCEMBRE 2024)

Dîner annuel de collecte de fonds d'Uzima Women Relief Group International

REJOIGNEZ-NOUS POUR UNE SOIRÉE INOUBLIABLE, INSPIRANTE, PORTEUSE D'IMPACT ET D'AUTONOMISATION. ALORS QUE NOUS NOUS RÉUNISSONS POUR SOUTENIR LES FEMMES ET LES COMMUNAUTÉS VULNÉRABLES.

PLUS DE DÉTAILS À VENIR - NOTEZ DANS VOS CALENDRIERS

Upcoming Events & Announcements

Online Shop

Uzima's Online Shop is now live! Get unique handmade crafts and support our community programs with each purchase.



CHECK OUT OUR ONLINE *store*

Uzima WOMEN
Relief Group International

JOIN US IN MAKING A DIFFERENCE

EVERY PURCHASE FROM OUR ONLINE STORE HELPS FUND ESSENTIAL PROGRAMS FOR WOMEN, MEN, YOUTH AND FAMILIES OF THOSE IN NEED LOCALLY AND OVERSEAS. TOGETHER, WE CAN TACKLE POVERTY AND EMPOWER THE BLACK AND RACIALIZED COMMUNITIES.

SCAN HERE →



WE ARE HIRING

JOB POSITIONS

- **ADMINISTRATION AND HUMAN RESOURCES MANAGER**


Uzima WOMEN
Relief Group International

FOR MORE INFO CHECK OUR BIO



How You Can Support Uzima

Here's how you can get involved and continue supporting Uzima's mission:

- 
1. Donate: Your contributions help us run vital community programs.
 2. Volunteer: Join our volunteer team and make a direct impact.
 3. Partner with Us: Let's collaborate to uplift our communities!





Closing Note:

Thank you for being part of the Uzima family. Together, we continue to build a future of empowerment and opportunity for Black and marginalized communities. Let's keep pushing forward!

With gratitude,
The Uzima Team

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



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



www.instagram.com/uzimawomen



www.youtube.com/channel/UCJ3tQ46xDRQ1-GMSdfpKunQ



www.facebook.com/UWRGI



www.twitter.com/UWRGI

