



UZIMA QUARTERLY NEWSLETTER 2025





Welcome Note

Dear Uzima Family,

As we step into 2025, we want to extend our heartfelt gratitude to each of you who has been part of Uzima's journey. The final quarter of 2024 was filled with impactful events, meaningful connections, and inspiring achievements that remind us of the power of community. This newsletter is a celebration of our shared efforts and a testament to the incredible work we continue to do together.

Thank you for your unwavering support and belief in our mission to uplift and empower marginalized communities. Let us carry the momentum into the new year as we strive to make an even greater impact.

Warm regards,

Uzima Communications Team



Message from the Executive Director

Happy new year 2025! This is our first quarterly newsletter. We hope you all had a wonderful end of year and holiday season. We are happy to share with you the highlights of our activities that led us to a successful end of year 2024. Uzima conducted youth and seniors' workshops, and in-person events attended by many of our youth and seniors in the community. We were delighted to meet with many of you at these events. We continue to conduct these workshops and events in 2025, and we encourage you to please continue to participate.

As you all know we are looking forward to our annual fundraising dinner on March 8th, 2025. Please see details in this newsletter and purchase tickets and support in other ways including sponsorship and donations. All proceeds from our fundraising activities here go towards supporting women groups in Kenya.



We have increased our presence on social media due to your support. Please continue to 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. Please remember to subscribe to our youth-developed website ([Welcome to SUVAT - Youth Violence and Anti-Human Trafficking](#)) now available in all languages. Just select your language.

Uzima is growing its partnerships with community organizations, corporations and institutions. We thank those of you who have formed partnerships and encourage more to work with us. These partnerships will strengthen Black-led, Black-serving and Black-focused (B3) organizations to fight for equality on many fronts. 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 we can work together to address this.

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

Thank you,

Jacobet Edith Wambayi PhD
Executive Director

YVHTPP Program Update

Over the past few months, the YVHTPP program has hosted a series of highly engaging virtual workshops, creating valuable opportunities for community learning and connection. Here's a summary of our activities:

Virtual Workshops

- We kicked off with three impactful virtual workshops that focused on key aspects of mental health and well-being:
 - Navigating Life's Transitions on October 16th, where participants learned strategies to manage and embrace life's changes.
 - Building Emotional Resilience on November 1st, providing tools for participants to strengthen their emotional health and cope with life's challenges.
 - Substance Use and Harm Reduction on November 15th, where we discussed strategies for supporting individuals impacted by substance use with a focus on harm reduction and understanding.

All three workshops were highly engaging, with active participation and rich discussions that allowed participants to share insights and gain practical advice.



Nov 16, 2024 Mental Health Townhall Event

On November 16th, 2024 we hosted a Mental Health Townhall event that brought together community members including Uzima's youth and seniors for an open and heartfelt discussion about mental health. This event focused on building awareness, addressing stigma, and strengthening community support across generations. Facilitators shared their relevant expertise, enriching the conversation and providing valuable resources for participants. Here are the photos and highlights of the event, which also feature the facilitators and their contributions to the discussion.

We are grateful for everyone who joined us for these events, and we look forward to continuing our journey toward mental health empowerment in the new year!



Recent Events & Program Highlights

Age Well at Home (AWAH)

As part of the Age Well at Home (AWAH) initiative, the final quarter of 2024 focused on enhancing the health, safety, and mental well-being of Black seniors as they age at home. We hosted empowering workshops and events addressing key areas of personal safety and mental health, encouraging seniors to stay connected and supported within their community. Our goal was to continue fostering a sense of belonging and resilience as seniors face the unique challenges of aging, particularly within the context of their cultural background and personal experiences.

November 16, 2024

Mental Health Event: Open Discussion on Mental Health

Mental health is a critical aspect of well-being for seniors, and this event provided an open and safe space for them to participate in community discussions about mental health. Hosted in collaboration with community leaders, youth, and mental health experts, this event invited seniors to share their experiences, challenges, and concerns in an inclusive and supportive environment. The event featured discussions that will inform future mental health programs at Uzima, with a focus on cultural relevance and the impact of historical and community-specific factors on mental health.

One of the aims of this event was to provide an opportunity for seniors to connect directly with youth, fostering intergenerational dialogue and mutual sharing and support. The event was a meaningful and empowering experience for all participants, enabling them to learn and share in ways that positively impacted mental health and strengthened community bonds.

November 7, 2024

Online Cybersecurity Workshop: "Cybersecurity Essentials: Protecting Your Privacy and Staying Safe Online"

In today's digital age, staying informed about online safety is essential. This virtual workshop focused on equipping seniors with practical tools and strategies to protect their personal information online. Topics covered included recognizing phishing scams, securing online accounts, creating strong passwords, and safeguarding against identity theft. By offering this workshop, we aimed to ensure that seniors felt confident navigating the internet securely, protecting their privacy, and staying safe in the online space. The seniors who attended were engaged and walked away with a better understanding of cybersecurity, empowering them to take control of their online safety.

Looking Ahead:

In-Person Workshop on Enhancing Mental Health for Black Seniors

We are excited about the upcoming opportunities to continue supporting the well-being of Black seniors in the AWAH initiative. Our future events will build upon the success of the workshops and activities from this quarter, ensuring that seniors remain engaged, informed, and empowered in their journey of aging well at home.

Stay tuned for more updates and events as we continue to improve the quality of life for Black seniors and address their unique needs in aging. Thank you for your ongoing support in creating a community where Black seniors thrive.



Recent Events

The Uzima Annual General Meeting

Sat Nov 30, 2024, 10:00 AM – 1:00 PM

J C'S Banquet and Convention Centre, 1686 Ellesmere Rd, Scarborough, ON M1H 2V

The AGM was held on Nov 30, 2024, as a hybrid event allowing those who could not attend in person to participate. After welcoming guests and serving refreshments, Margaret Nwosu, Board member was the Master of ceremony and guided guests through the three-hour program.

After Land Acknowledgement the MC introduced the Executive Director, Dr, Jacobet Edith Wambayi who in turn introduced Board members and staff of Uzima. As well, Jacobet introduced consultants who have supported Uzima over the year. These included the accounting firm, SNA Accounting and Tax Consulting, CPA Professional Corporation, the Auditors, Insight Accounting and other consultants such as IT, photography/videography, mentorship and facilitation of workshops.

Jacobet gave an overview of the organization with highlights of the programs and activities of 2024. Programs included two youth projects and one seniors' project (see Annual report). The highlights of activities for 2024 included the annual fundraising dinner, Black history month event, a town hall meeting on mental health and community events where we promoted Uzima and sold our merchandise.

The guest speaker, Esther Enyolu of Women's Multicultural Resource and Counselling Center of Durham Region (WMRC) spoke on gender-based violence (GBV). GBV is one of the areas Uzima focuses on as many women and girls are either survivors of GBV or at risk. Since 2016 through the COVID-19 pandemic, Uzima has supported many women and girls. Currently, Uzima works with partner organizations including WMRC to prevent GBV. Esther engaged participants in discussions on the signs of violence, how to protect themselves against GBV and how to access available resources for support.



Photo Gallery

Mental Health Townhall Meeting: Bridging Generations

Our Mental Health townhall meeting united youth and seniors, promoting intergenerational dialogue on mental health awareness and support



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Photo Gallery

Annual General Meeting (AGM)

Uzima's AGM took place in November, bringing together 60 attendees, including 10 staff members. Held at a local banquet hall, the event featured updates on our programs, financial reports, and future plans. Guests enjoyed breakfast, lunch, and light refreshments while engaging in discussions that shaped the organization's path forward.



EMPLOYEE OF THE YEAR AWARD

Roshani Dangol

Uzima is thrilled to recognize Roshani Dangol as the Employee of the Year for 2024. Roshani's unwavering dedication, exceptional work ethic, and genuine compassion have left an indelible mark on our organization. Whether leading initiatives, supporting her colleagues, or engaging with program participants, Roshani embodies Uzima's core values of honesty, accountability, integrity, and respect.

Her innovative approach and tireless efforts have significantly enhanced the impact of our programs, earning her the admiration of peers and participants alike. Congratulations, Roshani, on this well-deserved honor. You are an inspiration to us all!



Uzima Staff End-of-Year Party: Celebrating Achievements

16th Dec 2024:

Staff End-Of-Year Party

December marked the culmination of the year with a festive End-of-Year Party, a joyful occasion filled with laughter, camaraderie, and reflection. The event highlighted Uzima's community spirit and provided an opportunity to celebrate the year's achievements.

- **Gift Exchange Activity:** Staff exchanged heartfelt gifts, symbolizing the spirit of giving and community. This cherished tradition brought smiles and warm connections among all.
- **Employee of the Year Award:** Uzima proudly honored Roshani Dangol for her outstanding dedication and contributions. Her recognition served as a reminder of the exceptional talent and passion within our organization.

The party concluded with a sense of togetherness and excitement for the year ahead, leaving everyone inspired to continue Uzima's mission in 2025.



Upcoming Events

FUNDRAISING DINNER



EARLY BIRD DEADLINE EXTENDED!

MARCH 08TH, 2025

TICKET PRICE: \$150

SENIORS: \$75

CHILDREN 5 AND UNDER: FREE

EARLY BIRD TICKETS: \$100 (ENDS JANUARY 31, 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.

MARKHAM CONVENTION CENTRE

2901 MARKHAM RD, TORONTO, ON M1X 0B6

TO BOOK YOUR TICKET, CONTACT US AT

PHONE: +1 (647) 748-8870 OR +1 (437) 473-9203

EMAIL: INFO@UZIMAWOMENINTERNATIONAL.ORG

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*



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**



**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!
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Closing Note:

As we reflect on the achievements of the past year, we are filled with gratitude and optimism for what lies ahead. The dedication and passion of our community continue to drive Uzima forward, enabling us to make a tangible difference in the lives of those we serve.

Let us embrace the opportunities of 2025 with open hearts and renewed determination. Together, we will continue to empower, uplift, and inspire.

With deepest appreciation,
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