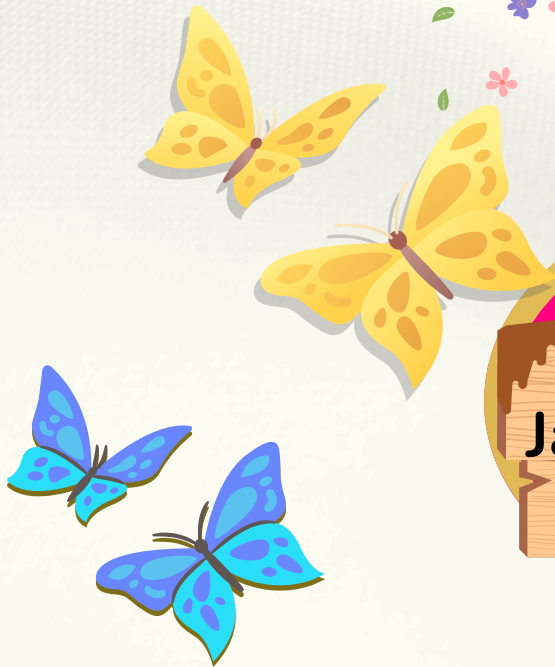




UZIMA QUARTERLY NEWSLETTER 2025





Welcome Note

Dear Uzima Family,

Spring is here, bringing with it new energy, fresh ideas, and exciting opportunities. In this edition, we're sharing highlights from recent events, upcoming initiatives, and the amazing work happening across our programs and community.

Spring is a time of growth and renewal, and that energy is reflected in the powerful programs, partnerships, and people featured in this edition.

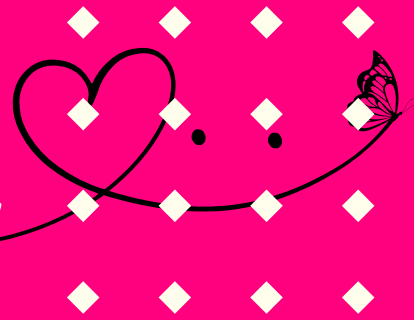
Whether you're a long-time supporter or new to our network, we hope you find encouragement and inspiration in the stories shared here. Thank you for being part of this journey with us—your support continues to fuel the impact we make together.

Wishing you a season full of hope and new beginnings!

Uzima Communications Team



Message from the Executive Director



Welcome to our second quarterly newsletter this year. With winter hopefully behind us we believe you are all ready to spring into action with Uzima! Despite winter, Uzima conducted many activities with our community members and supporters.

The highlight of our activities included the Black history month celebrations at several venues where we engaged community members in cultural activities such as food, dress, drama and more importantly displaying Black heroes in our community. We look forward to seeing more supporters in the coming years.

The second event was our annual fundraising dinner in celebration of International Women's Day on March 8, 2025. We thank all of you for supporting us. All forms of support went towards the success of the event. We look forward to more successful events next year and beyond.

We continue to conduct seniors' and youth programs through workshops and community events where we have seen many of you participate. Please encourage your friends and families to join and gain knowledge as well as have fun and support others. Please look out for scheduled events on our websites and social media platforms. With your dedication, we have increased our presence on social media. Please continue to follow and like our social media from our websites to social platforms. 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!

As we have always said Uzima is growing through partnerships with community organizations, corporations and institutions. We thank our current partners and know that we will continue to grow as many of you continue to work with us. 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.

Sincerely,

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:



February Workshops

In February, Uzima held two youth virtual workshops in collaboration with YouthSpeak. The first workshop was about Mental Health and Self-Care and the second workshop was about Self-Empowerment. The workshop facilitators from YouthSpeak were fellow youth with lived experience on the topics and provided personal stories to share with participants. The workshops engaged the youth with activities and Q&A sessions leading to valuable discussions amongst the group. Tips such as caring for your mental health, breathing exercises, and building confidence were shared as tools to help the youth long-term.



March Workshops

In March, Uzima hosted two virtual workshops in collaboration with YouthSpeak. The topic for this month was Public Speaking, which was divided into two sessions. These Public Speaking workshops taught youth about how to prepare for a speech and provided them the opportunity to share their thoughts during an activity. Advice on tone, projection, and confidence were provided to equip the participants with the necessary skills to deliver an effective speech. The YouthSpeak facilitators were well-informed and helped guide the participants by answering questions in a relatable fashion for better understanding.





Recent Events & Program Highlights

Age Well at Home (AWAH)

As part of our ongoing commitment to support Black seniors through the Age Well at Home (AWAH) initiative, Uzima continued to deliver culturally relevant and empowering programming through the first quarter of 2025. Our focus remained on education, advocacy, connection, and community care—ensuring that Black seniors are equipped with the tools, resources, and support they need to age with dignity and confidence in their own homes.

February 5, 2025

Virtual Workshop:

“Eating Healthy on a Budget for Older Adults”

This interactive online session helped seniors explore practical and affordable ways to eat well while managing dietary restrictions and rising food costs. Participants learned how to create nutritious meal plans, shop smart on a fixed income, and make healthy food choices that support aging bodies. The workshop emphasized accessible, nutritious foods and community food resources.





Recent Events & Program Highlights

Age Well at Home (AWAH) ctd.

February 28, 2025

Virtual Workshop:

“Understanding Alzheimer’s Disease and Dementia: Early Detection and Treatment”

Seniors joined us for a powerful educational session focused on recognizing the early signs of Alzheimer’s and dementia. The health expert shared information on available treatments, community supports, and the importance of early diagnosis. The session also addressed cultural stigmas and how to access culturally competent care for cognitive health.

March 21, 2025

Virtual Workshop:

“Navigating Healthcare as a Black Senior: Advocacy and Resources”

This session equipped participants with knowledge and strategies to confidently navigate the healthcare system. Topics included patient rights, how to communicate effectively with healthcare providers, and how to advocate for culturally responsive care. Seniors also received guidance on accessing local and national health resources tailored to their unique needs.

March 27, 2025

Staff and Volunteer Workshop:

“Strengthening Our Capacity to Serve Seniors”

As part of our ongoing Seniors Projects, this one-day in-person workshop brought together our team of staff and volunteers for a day of learning, reflection, and skill-building. With the support of the Age Well At Home (AWAH) and Black Mandated Fund (BMF) grants, the session focused on enhancing service delivery, fostering collaboration, and sharing best practices in senior care. Participants left re-energized and looking forward to support seniors with empathy, expertise, and cultural awareness.

Looking Ahead:

We remain committed to creating spaces where Black seniors feel seen, supported, and celebrated. Building on the momentum of the past quarters, Uzima will continue to offer impactful workshops and events that address the holistic needs of our elders—from nutrition and safety to healthcare and community connection.

Stay tuned for more updates and thank you for joining us in our mission to ensure Black seniors age well—at home, in community, and with dignity.



Recent Events & Program Highlights

Black Mandated Fund (BMF)

March 27, 2025

Workshop Highlights:

“Strengthening Our Capacity to Serve Seniors”

As part of our commitment to supporting seniors in our community, Uzima hosted a one-day in-person Staff and Volunteer Workshop titled “Strengthening Our Capacity to Serve Seniors.” Held on March 27, 2025, this meaningful session brought together our dedicated team of staff and volunteers for a full day of learning, reflection, and practical skill-building.

Thanks to the generous support from the **Age Well At Home (AWAH)** and **Black Mandated Fund (BMF)** grants, participants engaged in discussions around empathy-driven care, collaborative practices, and culturally informed service delivery. The workshop left our team re-energized and better equipped to support our seniors with compassion, expertise, and cultural sensitivity.



Photo Gallery

Black History Month Celebration Centennial College



Photo Gallery

Black History Month Celebration Centennial College



Photo Gallery

Uzima Black History Month Celebrations



Photo Gallery

Uzima's Annual Fundraising Dinner

March 8, 2025

"Uzima's Annual Fundraising Dinner"

In celebration of International Women's Day, Uzima proudly hosted its Annual Fundraising Dinner on March 8, 2025, at the Markham Innovation Centre. With over 70 guests in attendance, the evening was a beautiful gathering filled with community spirit, reflection, and purpose.

Thanks to your generous support, the event was a resounding success, helping us raise essential funds to continue our impactful programs. From heartfelt speeches to warm conversations, the evening showcased the power of community in action.



Photo Gallery

Uzima Annual Fundraising Dinner



Photo Gallery

Uzima Annual Fundraising Dinner



Photo Gallery

Uzima Annual Fundraising Dinner



Celebrating Our Field Placement Students

Novie Ann & Rofiyat

This year, Uzima had the pleasure of welcoming two exceptional field placement students, Novie Ann and Rofiyat, who joined us from schools across the GTA. As part of our ongoing collaboration with educational institutions, these students brought fresh energy, ideas, and dedication to our projects.



To mark the end of their placement, our team came together for a celebratory lunch. We expressed our heartfelt thanks for their contributions and wished them the very best as they move forward in their careers. We are proud to have been part of their professional journey and are grateful for the time they spent with us.



Celebrating Tom Uduot

Our Incredible Programs Manager!

This quarter, we were thrilled to celebrate the birthday of Tom Uduot, Uzima's dedicated Programs Manager!

Tom is a passionate leader whose vision, commitment, and tireless work have been instrumental in shaping and delivering impactful programs across our communities. Whether he's coordinating projects, supporting team members, or engaging with participants, Tom brings heart and purpose to everything he does. We're so grateful for all that Tom brings to the team and the community.

Please join us in wishing Tom a joyful year ahead filled with good health, continued success, and many more reasons to celebrate. Happy Birthday, Tom — we're so lucky to have you as part of the Uzima family!



Mother's Day Wishes



HAPPY MOTHER'S DAY

*to all the tough, hard-working, patient, loving,
and all-around amazing moms out there!*



Announcements

Online Shop

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





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!



With Gratitude and Hope,

As we close out the first quarter of 2025, we're reminded of the strength and resilience within our community. From meaningful workshops to continued outreach and impact, the momentum built over these past few months has laid a strong foundation for the rest of the year.

Spring brings with it not only new beginnings but also renewed purpose. We are excited for what's ahead and grateful to have each of you walking this journey with us.

Thank you for your continued support, encouragement, and belief in Uzima's mission. Together, we are growing something powerful.

Warm regards,
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



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