



# Mary and Joseph Life Center (MJLC)

## 2024 Results and Achievements



**98 Educational Workshops:**  
Preventing Violence,  
Transforming Conflict &  
Promoting Sustainable  
Development.

**2,232 Women and Girls** in  
acute conflict situations living in  
Slums, supported with Holistic  
Livelihood Resilience Capacity

**941 pregnant girls and women**  
benefited from Ultrasound  
(Sonogram) Services

**275 Services clients** (individuals  
and groups) engaged in more  
holistic and intensive Counseling

- **98** Educational workshops/seminars implemented in the conflict environments in urban informal settlements and remote impoverished marginalized locations.
- **2,232** Expectant Women and Girls from the urban informal settlements (slums) empowered with supportive guidance: psychological, spiritual and economic livelihood resilience.
- **941** pregnant girls and women benefited from Ultrasound (Sonogram) Services.
- Supporting and Empowering Women and Children from **14** urban informal settlements or slum areas – Kawangware, Gatina, Kabiria, Satellite, Kangemi, Uthiru, Waithaka, Dagoretti Corner, Ngando, Mtego, Mutuini, Kibera, Mathare, Kariobangi, and in Nairobi, Kenya.
- **275** victims of acute violence and consequently suffering from depression, mental health issues, unstable family relationships, physical and psychological trauma, and substance abuse, engaged in holistic and intensive Counseling.

### The three main purposes of the Mary and Joseph Life Center

- OFFER** Pregnant women and girls, fathers responsible for the pregnancy, and families, who are considering and/or are being coerced to have abortions, other options to have their baby(ies) born.
- OFFER** Educational workshops/seminars that are oriented to help prevent crisis pregnancies and help those already in need with supportive guidance for psychological, spiritual and economic livelihood resilience.
- OFFER** Counseling, medical support, guidance, and empowerment to women who have had abortions and are seeking assistance for trauma, self-esteem and healing in one form or another.



Ms. Rose Anyango, MJLC's Sonographer, conducting an ultrasound session.



The MJLC team members with young mothers and babies who are part of **MJLC's success stories**. These women, owing to their life's challenges and traumatic experiences, were either considered or were being coerced to have abortions, but through the support from the MJLC team, they delivered their babies. **Ms. Sarah Jordan, a Shalom Center for Africa Board of Advisors member**, was with the team during a visit to MJLC.





Fr. Patrick Devine, PhD, Ms. Rose Anyango, MJLC's Sonographer, Ms. Ilhan Ali BA, (MA Candidate), and Ms. Esther Kibe, MA, Lead Project Officer, MJLC, with women waiting for ultrasound services at the Center. The free ultrasound services are offered twice a week, and over **1,851** pregnant girls and women have benefited from **ultrasound (sonogram) services**.



Sr. Sarah Ngigi, KRCHN, MJLC's Nursing and Counseling Officer, conducting a group counseling session with a group of young mothers from the Kabiria informal settlements. The mothers were also taken through educational sessions on the **dignity of human life** and **responsible motherhood**, among other educational workshops offered at MJLC.



MJLC team conducting **Community outreach activities** in the urban informal settlements and slums where we work. These activities are ongoing in **14 urban informal settlements and slums** in Nairobi, Kenya.



Sr. Catherine Mutua, Dipl. Community Development and Social Worker, engaging young mothers from Kabiria urban informal settlements (slums) in an interactive discussion with young mothers on the importance of good **communication in marriage and parenting** in their families.



Sr. Jovalet Ariho, BA, (MA Candidate), Shalom-SCCRR in Training Capacity Program, MJLC's Community Development and Social Worker **engaging youths** from Uthiru informal urban settlements on the value of self-awareness in the **prevention of crisis pregnancy** and **stress management** from their lives and societal pressures.



Sr. Lucy Njori, B.Com, St. Joshat's House Project's Administrator engaged **youths** from Waithaka who attended an educational workshop at the center. The youths are **empowered** on the **dignity of human life**, **reproductive sexuality** and **self-care**, and **theology of the body**, among other educational workshops offered at MJLC.





Sr. Mary Elizabeth Gachahi, MJLC's Social Worker, in an interactive discussion on some of the **vulnerabilities that youths face in the urban informal settlements and slums**. These group sessions are helpful as the youths going through difficult distressful situations – Post Traumatic Stress Disorder (PTSD) – and other mental health challenges, are identified and guided towards healing through **free counseling services** at the center.



Sr. Catherine Mutua, Dipl. Community Development and Social Worker **engaging young adults** from Kawangware urban informal settlements (slums) on the sanctity of life.



Mrs. Nancy Mirera, MA, MJLC's Counseling Psychologist and Mental Health Expert, conducts training sessions for the MJLC Livelihood Program. The program empowers women and girls with **holistic livelihood resilience capacity, survival skills and mechanisms**.



Ms. Esther Kibe, MA, MJLC Lead Project Officer, guiding a group work session on **capital planning for micro businesses**. The women were **tasked with developing business ideas they would pursue after completing the course**.





Mr. Remmy Ndiema, CPA, BBM, Shalom-SCCRR Assistant Accountant, conducting a training workshop on **record keeping for micro-businesses** with young women from Mutuini Informal Urban Settlements. The women were trained on the **importance of record keeping**, the different types of records, and best practices for record keeping.



Ms. Esther Kibe, MA, and Sr. Catherine Mutua, guided a group work session on the key strategies for marketing in a micro business. The women discussed the **practical methods** they employ in **marketing their products** in their locations.



Fr. Patrick Devine, PhD, Mrs. Nancy Mirera, MA, and Sr. Catherine Mutua joined women from Kangemi informal settlements (slums) **during a product manufacturing session**. The women were taught how to **produce and market soap**. The program aims to give girls and young women **practical skills to build micro businesses' livelihood resilience and survival mechanisms**.



Sr. Mary Elizabeth Gachahi, MJLC's social worker, is helping one of MJLC's **beneficiaries from Kabiria informal settlement make soap**. The young mother acknowledged that the skills acquired from MJLC's Livelihood Program have enabled her to establish a **small soap business** that is **helping her provide for herself and her family**. She acknowledged that she is **self-reliant**. Thanks to the program, **2,232** women and girls living in acute conflict situations in slums and urban informal settlements have been supported by Livelihood Resilience Capacity.

# Celebrating Graduation of The MJLC Empowered Women Groups





## The Project Team

### **At the Center:**

Ms. Esther Njeri Kibe, MA, Shalom-SCCRR, Lead Project Officer

Sr. Sarah Ngigi, KRCHN, Dimesse Sisters, Nurse and Counselling Officer

Mrs. Nancy Mirera, MA, Counselling Psychologist and Mental Health Worker

Sr. Lucy Njori, B.Com, Dimesse Sisters, St. Josphat's House Projects Administrator

Sr. Catherine Mutua, Daughters of St. Anne, Dipl. Community Development & Social Worker

Sr. Jovalet Ariho, BA ,(MA Candidate), Missionary Sisters of the Holy Rosary, Sustainable Human Development & Social Worker

Sr. Mary Elizabeth Gachahi, Daughters of St. Anne, Social Work and Project Planning and Management

Ms. Habiba Dika, BA, (MA Candidate), Shalom-SCCRR In-Training Capacity Program

Ms. Rose Anyango Owuor, Higher Dipl. Sonography (UltraSound Specialist)

### **Volunteer Consultants/Advisory Board:**

Dr. Wahome Ngare, Obstetrician, Gynaecologist and Laparoscopic Surgeon

Mr. Steve Beuerle, LLP

Mr. Peter & Mrs. Cherese Marlow

Mr. Tim & Mrs. Patricia Von Dohlen

Rev. Prof. Emmanuel Tembo, Conflict Transformation and Peacebuilding

### **Shalom-SCCRR Management Support Team:**

Rev. Dr. Oliver Noonan, Shalom-SCCRR Executive Director

Mr. Godfrey Okoth, MA, (PhD Candidate), Shalom-SCCRR Senior Projects Officer

Rev. Dr. Patrick Devine, Shalom-SCCRR Executive International Chairman, Project Coordinator of Patrons and Promoters

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Sincerely,

Rev. Dr. Patrick Devine, Executive International Chairman, Founder

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