



WOMEN'S RESILIENCE CIRCLE(WRC)

Healing Hearts ,Transforming Families ...

Mission

To provide a one year, non-residential, cohort-based program of spiritual nurture, mental health services, financial education and resilience training for women who have experienced significant abuse, trauma or loss affecting their lives and families.

Vision

To see circles of women in Narok, equipped with resilience building skills, living out their God-given potential in a holistically healthy way, helping others to find hope, while thriving within their community.

What we do

We help a circle of women experience healing, renewal and restoration from trauma. While interacting with sisters who are in a similar situation, they are empowered to embrace their God-given identity, discover purpose and hope for the future. The women receive group and individual counseling, financial training which leads to increased income while helping others in their network and church. The women also learn how to appropriately respond to crises and develop coping strategies leading to a resilient and sustainable life.

During the cohort year a woman receives more than 90 hours of one-on-one meetings in addition to three one-week seminars. Each woman receives at least 12 hours of group counseling and up to 10 hours of individual counseling from a mental health professional. Experts in local income production provide insight, ideas and planning. Start up or scaling funds are often made available.

Core Values

Empathy	Understanding and caring about the situation of others
Community	We need others in order to thrive
Empowerment	Equipping women with the necessary skills and tools to make their own decisions, distance themselves from harmful situations and choose their path to the future.
Transformation	Healthy and fully engaged mothers with sustainable livelihoods who drive change in their families, network and church.

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