



# MIZERO CARE NEWS

30 December 2015

Issue No 1

## MCF transforms lives of affected youth financially and psychologically



*Youth workshop on healing at Nyamagabe*

The Local Non-governmental Organization known as MIZERO CARE FOUNDATION (MCF) was founded on March 29th, 2013. It promotes health through psychotherapy services under Mizero Care Joy project (MCJP) and Mizero Care Health project (MCHP).

The organization beneficiaries are youth heads of the family, youth in school, youth experiencing lack of good

education and youth addicted to drugs. MCF concerns with the vision of transforming youth into the beacon of wellbeing in the world.

Within the means of MCF members' contribution, it started the psychotherapy services, Call Talking Cure to its 184 beneficiaries. It has funded small project of one beneficiary and it has provided investment advisory services with its beneficiaries. It

helped 2 beneficiaries to complete their technical and training studies and they are now working and feed themselves. It helped 75 beneficiaries to gain benefits from Mutual health scheme.

Three therapies and two "sharing joy" events were organized

First therapy was carried out at AEE for 19 beneficiaries from Gasabo District who started the journey of healing and building bright future. Second therapy was carried out at Remera for 20 beneficiaries who sat in group psychotherapy to identify their problems and found solutions at their own. Some of beneficiaries testified that they are psychologically transformed and it is supported by MCF psychotherapist.

Third therapy was carried out at Nyamagabe District in

partnership with World Vision ADP Nyamagabe on the theme "Youth workshop on healing, peace building and social cohesion." It held a camp of 65 participants from unit and reconciliation club and Anti-Genocide club. Youth testified that they regained strength and accepted to be a voice for peace building and social cohesion in their community. After the workshop, the participants visited the Murambi memorial site which was a complement to the teaching given.

Mizero Iréné, President of MCF inaugurated annual celebration event called "Sharing Joy" on 26th December 2013 with theme of "Fighting against isolation during last and opening year festivals". On 26th of December 2014, MCF step forward for the second celebration of sharing joy with the theme of "Introspection". For the second time, 40 beneficiaries were added from Kicukiro and Nyarugenge districts.

September 2014, the President of MCF inaugurated the new program named Call Talking Cure – CTC to support the

psychotherapy service offered. MCF has 7 CTC counselors who give counsels' through the phone where 3 of them are clinical psychotherapist. Every CTC Counselor has knowledge in anxiety disorders, mood disorders or depression, psychotic, personality disorders, eating disorders and dementia. MCF cares for beneficiaries by giving social assistance to those in need through single session, short term and long term counseling and psychotherapy.

Marie José Umuziranenge, an orphan benefiting from MCF since it started, she said her father died during the 1994 genocide against Tutsis. Her mother also died later of breast cancer living her with three young sisters to feed for themselves. "It was hard to adapt

to that hard life, I had lost hope, but since the foundation reached out to me, their counseling created hope and confidence in my life until I started thinking of a business idea," she said.

"Mizero Care Foundation provided me with 200,000 Frw which I spent on fish business, although family problems keep challenging me yet I still have big dreams to become an entrepreneur", Umuziranenge added.

The MCF is pleased to thank the World Vision staff, Ubumwe Center for their good service, accommodation and meals and the in charge of culture sport and youth of Nyamagabe District for the talk he gave on genocide and the fighting against its denial.



*MCF beneficiaries in sharing joy event 2015*