ELIM TRUST
RESEARCH . HEALING . RESILIENCE

INTERPERSONAL VIOLENCE RESEARCH LABORATORY

Healing Circles for Empowered Futures

Supporting Young Mothers in Mathare

Young mothers in Mathare have many strengths, dreams, and hopes for themselves and their children. They may also face challenges related to stress and trauma, financial insecurity, caregiving, safety, and climate-related conditions such as flooding, extreme heat, food insecurity, illness, displacement, and loss of income.

Healing Circles for Empowered Futures is a community-based project led by Elim Trust in partnership with the University of Michigan Interpersonal Violence Research Laboratory. The project brings together emotional support and practical financial and livelihood skills because these parts of life are closely connected.



WHAT DOES THE PROGRAM INCLUDE?

Heal & Connect

Build skills for coping with stress and difficult experiences and connect with other young mothers.

Strengthen Financial Skills

Learn about budgeting, saving, planning, and making informed financial decisions.

Build Livelihood Opportunities

Explore entrepreneurship, income-generating opportunities, and planning for greater economic stability.

Support Mothers & Families

Identify personal, family, and community strengths and resources that support mothers and their children.

Prepare for Challenges

Explore ways to respond to financial and family stresses that can be made worse by climate-related challenges.



WHAT ARE WE HOPING TO LEARN?

This is a pilot study, which means we are starting with a small group of young mothers so we can learn what works well and what should be improved.

We want to learn whether the program is helpful, meaningful, safe, and practical for young mothers in Mathare.

Participants will have opportunities to share their experiences and ideas throughout the project. **Young mothers' voices will help shape and strengthen the program for the future.**

OUR VISION

By bringing together healing, peer connection, financial knowledge, and livelihood skills, we hope to support young mothers as they build greater well-being, confidence, economic security, and opportunities for themselves and their children.

WANT TO LEARN MORE?

ELIM TRUST

elim-trust.org/research

University of Michigan
Interpersonal Violence Research Laboratory

ivrl.ssw.umich.edu