



Sustaining Women's leadership



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Sustaining Women's leadership

Introduction: A Journey of Healing, Strength, and Sisterhood



In a world that often demands silence from the wounded and strength without rest from the resilient, Healing Sessions by MEMPROW created a sanctuary, a circle where young women dared to exhale. In these spaces, emotions once buried were given names, traumas once ignored were met with compassion, and voices once quieted found resonance in community.

This scrapbook is not just a collection of reflections. It is a vibrant tapestry of awakening: stories woven with tears, laughter, vulnerability, bravery, and joy. Each word penned here echoes the journey of girls and women who have learned to honor their bodies, claim their boundaries, release their burdens, and celebrate their becoming. They were not fixed, they were held. Not transformed by pressure, but empowered by love. We treasure these fearless Young Women.

We extend our heartfelt thanks to Medica Mondiale, whose belief in this process helped bring it to life, Joyce Christine Nakiwala, whose gentle strength and wisdom held space for such profound growth, and to the MEMPROW team, whose tireless commitment made these healing moments possible. Your work has planted seeds of change that will blossom for years to come.

Here you will find truth. Here you will witness healing. Here, we celebrate what it means to return to oneself, and to choose that return, every single day.

Welcome to a space where healing breathes and sisterhood blooms.

Immaculate N. Mukasa



Hi MEMPROW,

Am so grateful that I was granted an opportunity to attend the Heart healing sessions that were prepared by MEMPROW. In these sessions, I was able to get in touch with my physical and mental, bodily needs.

These sessions enabled (me) to understand why I needed to do away with self-doubt and resentment. I was able to understand that self-doubt leaves you in a state where you are not compassionate to yourself, which in turn leaves you with feelings of resentment, disgust, irritation and not appreciating who you are and the little achievements you have in life.

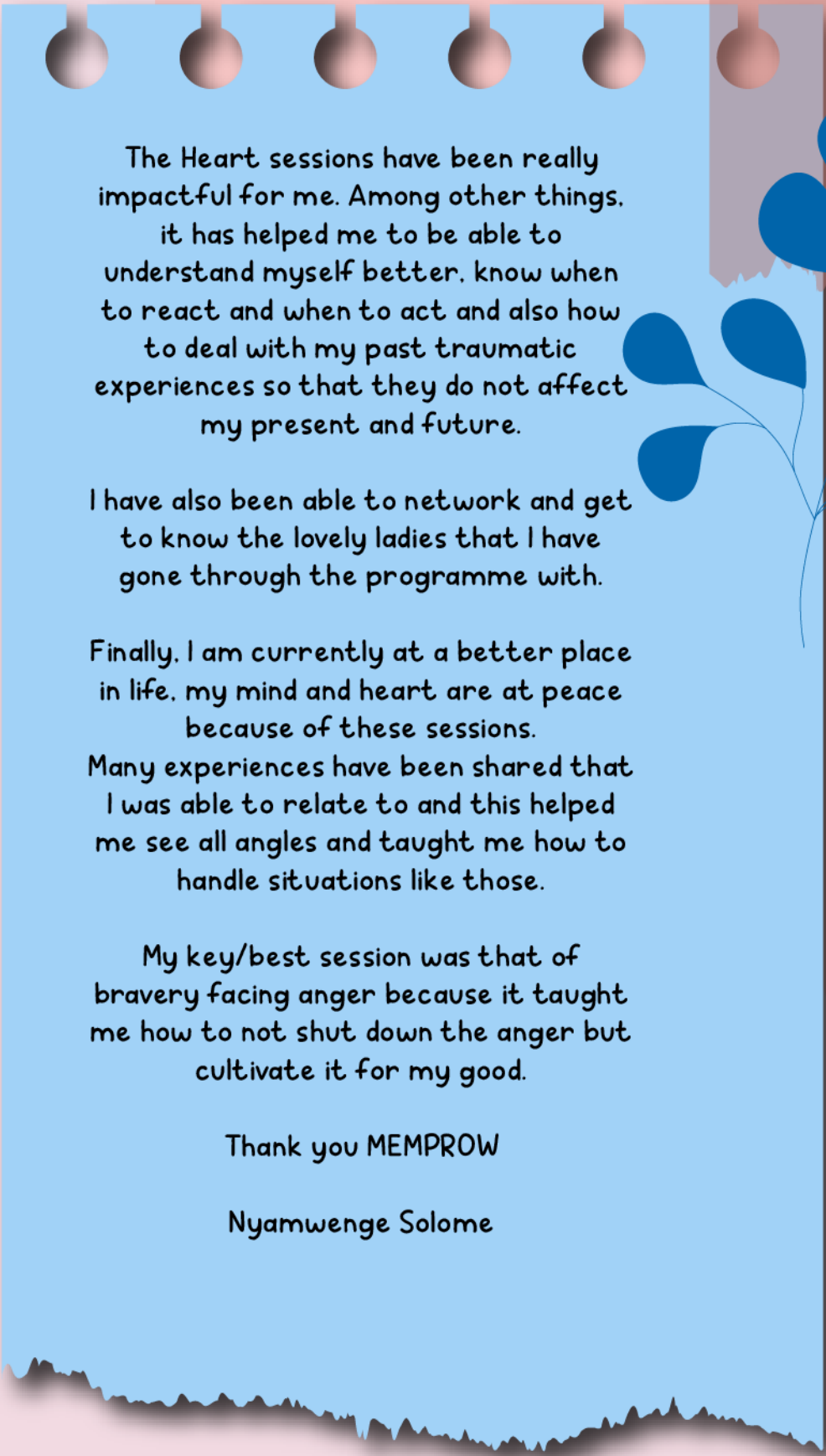
I have been able to come to terms with the fact that I need love, myself, put myself first and be kinder to myself. This will enable me and it already has to be in tune with my body and mind. I have been able to understand that I can't control the way I feel about things, which has improved my relationships with friends and family.

I have also been able to speak out or confront the people in my life, when they do something that doesn't sit well me. This has helped me let go of the resentments that I have been holding towards so many people without understanding their point of view. I have also been able to deal with my emotions in a way by letting go of past resentments which has helped me function better in my daily life with the people and colleagues around. My communication skills have improved. I have also put my body in my mind to ensure that it gets what it needs and mainly I have done this by having a silent few minutes in the morning to start my day. This has ensured that I keep my emotions in check and control and I no longer act impulsively like I used to.

I honestly thank MEMPROW for this opportunity and I can gladly say am a better person both in mind and body.

Yours sincerely,

Trinah Atuhaire



The Heart sessions have been really impactful for me. Among other things, it has helped me to be able to understand myself better, know when to react and when to act and also how to deal with my past traumatic experiences so that they do not affect my present and future.

I have also been able to network and get to know the lovely ladies that I have gone through the programme with.

Finally, I am currently at a better place in life, my mind and heart are at peace because of these sessions. Many experiences have been shared that I was able to relate to and this helped me see all angles and taught me how to handle situations like those.

My key/best session was that of bravery facing anger because it taught me how to not shut down the anger but cultivate it for my good.

Thank you MEMPROW

Nyamwenge Solome



MY SELF-CARE SESSIONS STORY OR JOURNEY.

These sessions have really been helpful and beneficial in both physical and mental ways.

Generally, I am a laidback person who does not like active involvement in many things but the sessions where we had to share stories about our lives have changed my perspective on people and different things.

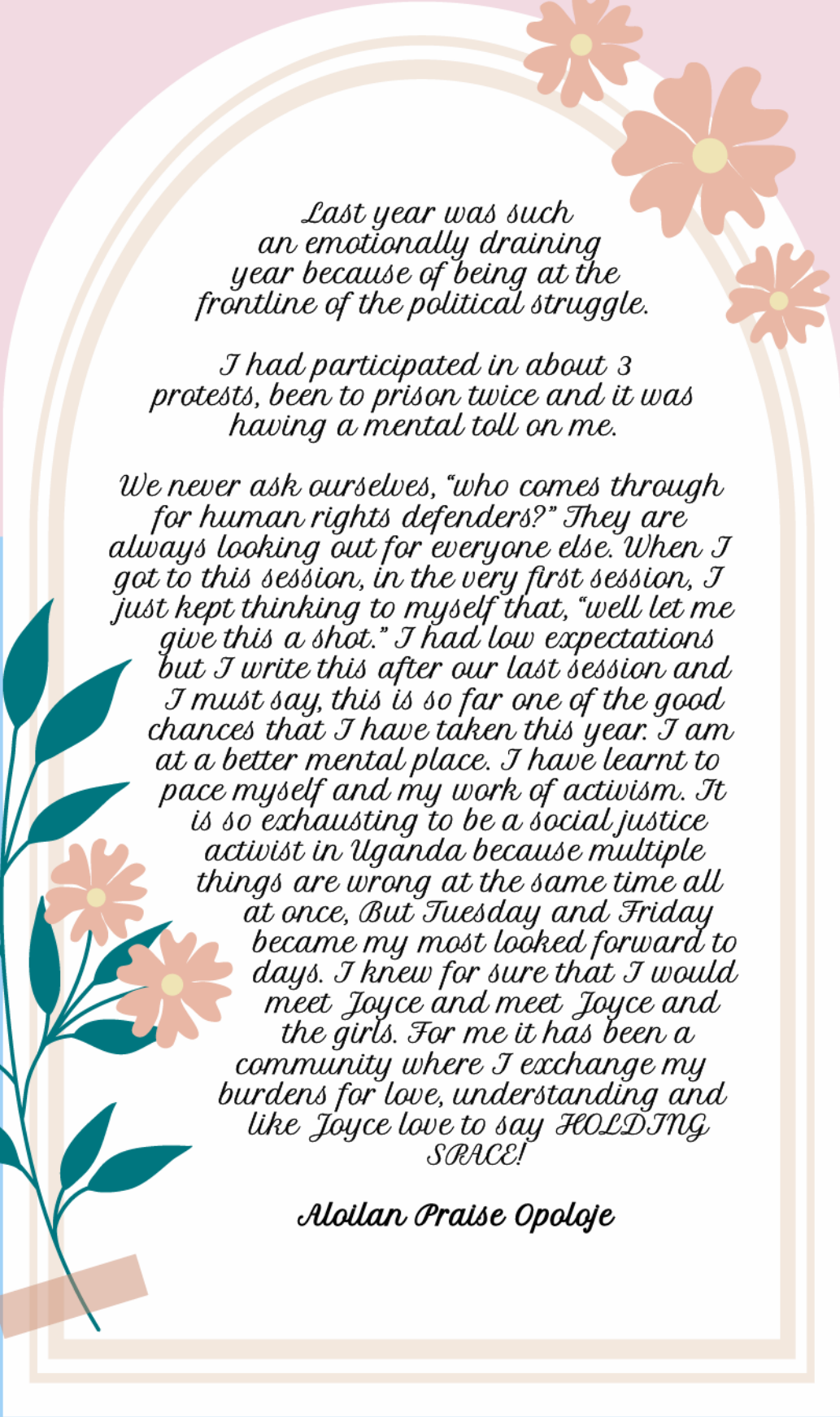
I am more aware now: Emotionally, physically and mentally because of these sessions.

I also feel like a changed person with the way I engage and interact with people and I would love to say the credit goes to MEMPROW for organizing such activities for young women.

I'd also love to thank Madam Joyce who has been taking us throughout for the love and support.


NANSUKUSA MASTULA





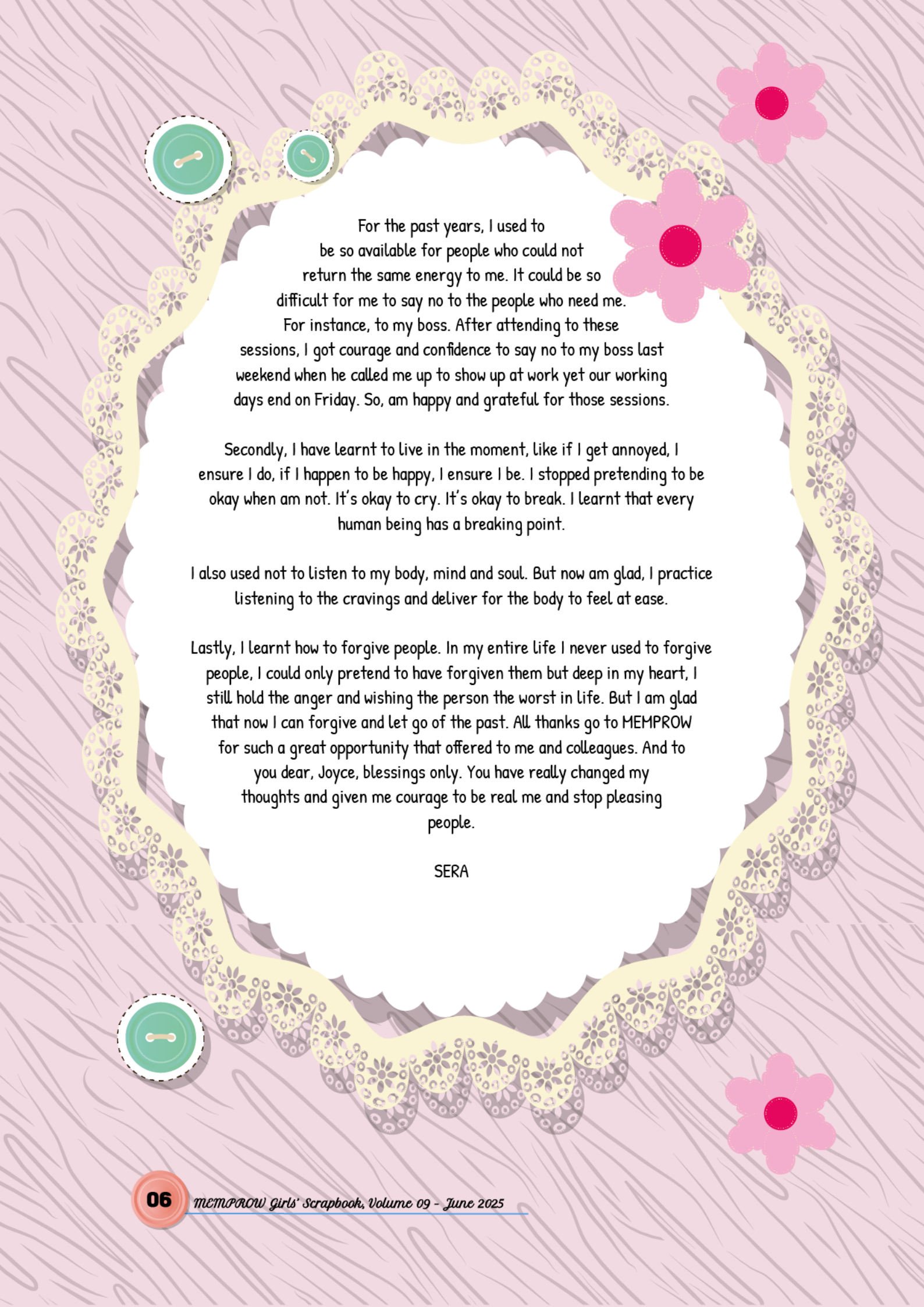
*Last year was such
an emotionally draining
year because of being at the
frontline of the political struggle.*

*I had participated in about 3
protests, been to prison twice and it was
having a mental toll on me.*



*We never ask ourselves, "who comes through
for human rights defenders?" They are
always looking out for everyone else. When I
got to this session, in the very first session, I
just kept thinking to myself that, "well let me
give this a shot." I had low expectations
but I write this after our last session and
I must say, this is so far one of the good
chances that I have taken this year. I am
at a better mental place. I have learnt to
pace myself and my work of activism. It
is so exhausting to be a social justice
activist in Uganda because multiple
things are wrong at the same time all
at once, But Tuesday and Friday
became my most looked forward to
days. I knew for sure that I would
meet Joyce and meet Joyce and
the girls. For me it has been a
community where I exchange my
burdens for love, understanding and
like Joyce love to say **HOLDING
SPACE!***

Aloilan Praise Opoloje



For the past years, I used to be so available for people who could not return the same energy to me. It could be so difficult for me to say no to the people who need me.

For instance, to my boss. After attending to these sessions, I got courage and confidence to say no to my boss last weekend when he called me up to show up at work yet our working days end on Friday. So, am happy and grateful for those sessions.

Secondly, I have learnt to live in the moment, like if I get annoyed, I ensure I do, if I happen to be happy, I ensure I be. I stopped pretending to be okay when am not. It's okay to cry. It's okay to break. I learnt that every human being has a breaking point.

I also used not to listen to my body, mind and soul. But now am glad, I practice listening to the cravings and deliver for the body to feel at ease.

Lastly, I learnt how to forgive people. In my entire life I never used to forgive people, I could only pretend to have forgiven them but deep in my heart, I still hold the anger and wishing the person the worst in life. But I am glad that now I can forgive and let go of the past. All thanks go to MEMPROW for such a great opportunity that offered to me and colleagues. And to you dear, Joyce, blessings only. You have really changed my thoughts and given me courage to be real me and stop pleasing people.

SERA

Good afternoon,

My name is Nakhayo Fernis Fancy. My story of change is that I am now finally able to understand the World in a different perspective. These lessons have taught me how to forgive. To forgive myself and other people. Before I was not able to forgive myself, I was always doubtful about what my capabilities were until I started the lessons. My story of change is that now I reward myself a lot before I would not reward myself and I believed that my little achievements, or all my achievements were minor and nothing to be celebrated.

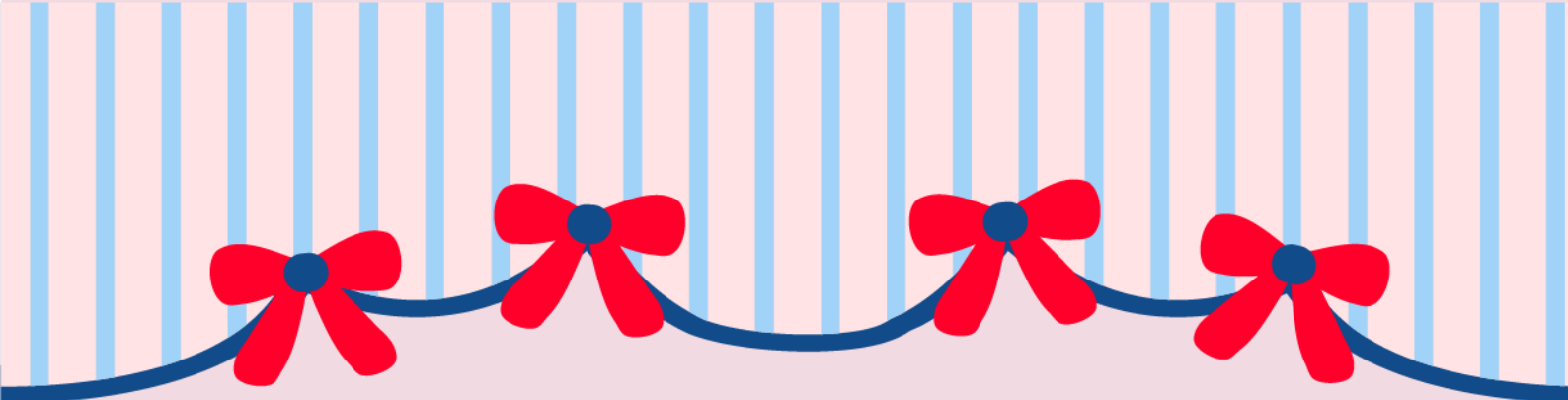
These lessons have also taught me that I have learn how to let go of some things (things that are out of my control) in order to find inner peace. I have also learnt how to let anger go. I have learnt how to control my emotions to know what triggers me and what does not trigger me. These lessons have also taught me that life is a beautiful thing, bad times will come but they will also go, nothing is permanent.

I have learnt to know the people who build me. And to also appreciate them. Give them grace and also finally the lessons have taught me to be able to put myself in other people's shoes. Before I react to anything I should first consider the other person.

I would like to conclude by saying thank you. Thank you so much for this opportunity. I am so grateful and I will forever be grateful.

Yours faithfully,

Nakhayo Fernis Fancy



"Healing doesn't mean the damage never existed. It means the damage no longer controls our lives." – Akshay Dubey.

When I started my journey with MEMPROW in regards to mental Health Sessions, I was generally a shell of a person I used to be. I could say I was experiencing a difficult time in life. I was so indecisive, timid, reckless, careless, bitter and honestly. I could say I wasn't the person I used to be. I had lost my spark. I had forgotten how good it felt to be me and love me above everything else.

Walking into MEMPROW premises that morning felt like one of my other many days in my life; it was (a) day that would come and go and life would move on the way it usually did for me. I didn't expect that my physical health, mind and my soul would find the peace that they now have. The experience was generally strange at first since I wasn't used to sharing my life, thoughts or needs with anyone.

However, with guidance, softness and a lot of patience from Joyce, I was able to open up. Though this I was able to realize that I had a lot of buried anger, bitterness, hatred that were so much embedded in my mind, heart and body, which in turn affected how I behaved and related with people.

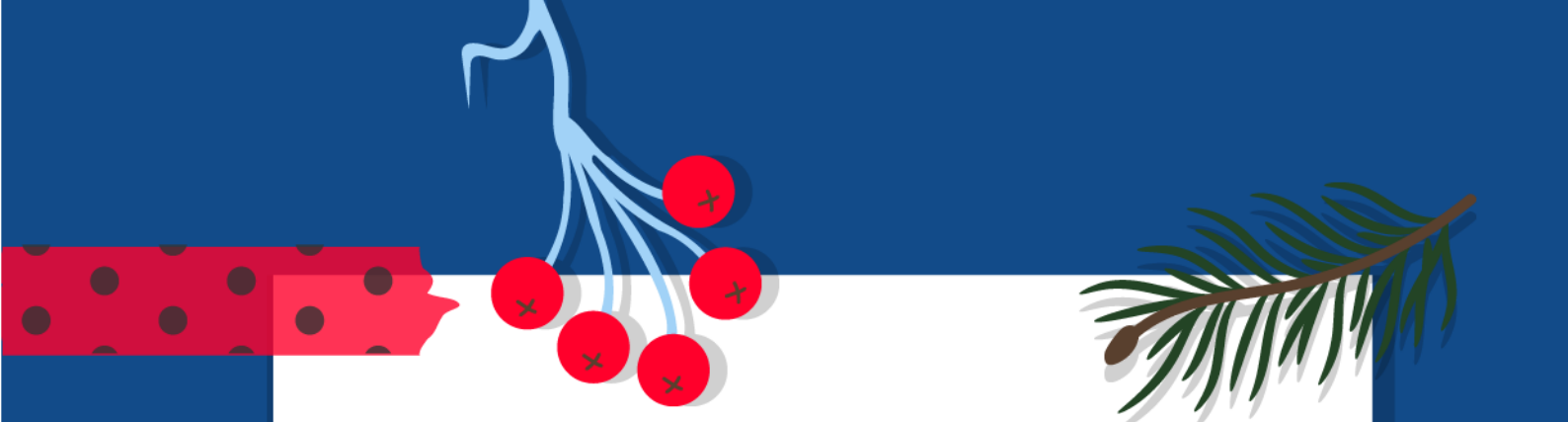
Through this experience, I was able to let go of all this hidden bitterness and also let of the things that don't serve. Through this experience I have been able;

- ✂ To love self more*
- ✂ To be gentler and more considerate on myself.*
- ✂ To align myself with the things I want confidently.*
- ✂ To speak up for myself.*
- ✂ I have learnt the difference between surviving and healing.*
- ✂ To build healthier relationships*
- ✂ To not criticize myself and let go of the guilt I have on myself.*
- ✂ To allow myself the much needed silence.*

But above all to love myself and be proud of who I am.

I am really grateful and appreciate the opportunity that was given to me because through it I have become a better person.

Trinah



When I started my wellness journey with MEMPROW, it was the first of its kind that I had been a part of.

The first day felt like a miracle, a heaven – sent gift. After that first session with Joyce, I made up my mind that I had been unfair to myself all along. I am very grateful for the opportunity to be a part of the program because as a newly discovered must have part of my life, it fit like a glove.

I learned quite a bit in the first session alone for instance, how to love and value myself. These things that may sound like basics but before joining, I didn't really understand what they meant until then.

- To love myself
- To put myself first
- To live for me
- To rest

All basic knowledge, but the kind of understanding that I got after I joined the program opened up a whole new playing field and gave me a practical drawing board, that, it did not seem like just a 'motivational quote' anymore.

Now, I do exactly that, I put me first, I stay in tune with my feelings (try to understand how I feel and why I feel that way), I take rest when I need it, I take myself out, I push my limits and all this change, this turn around, this discovery, all of this started with MEMPROW. It is not farfetched to say that MEMPROW changed my life for the better. The wellness program was the beginning of a new me.

PEACE ATIM NAMARA

I DIDN'T KNOW I NEEDED HEALING

I didn't know I needed healing
Until I sat in that circle
And realized I'd been holding my breath
For years.

I thought I was fine.
Strong. Focused.
The girl who keeps going,
Even when she's breaking.

But that space made me pause.
Made me feel.
Made me see parts of myself
I had buried beneath silence and survival.

They didn't rush me.
They didn't fix me.
They just gave me space
And slowly,
I started returning to myself.

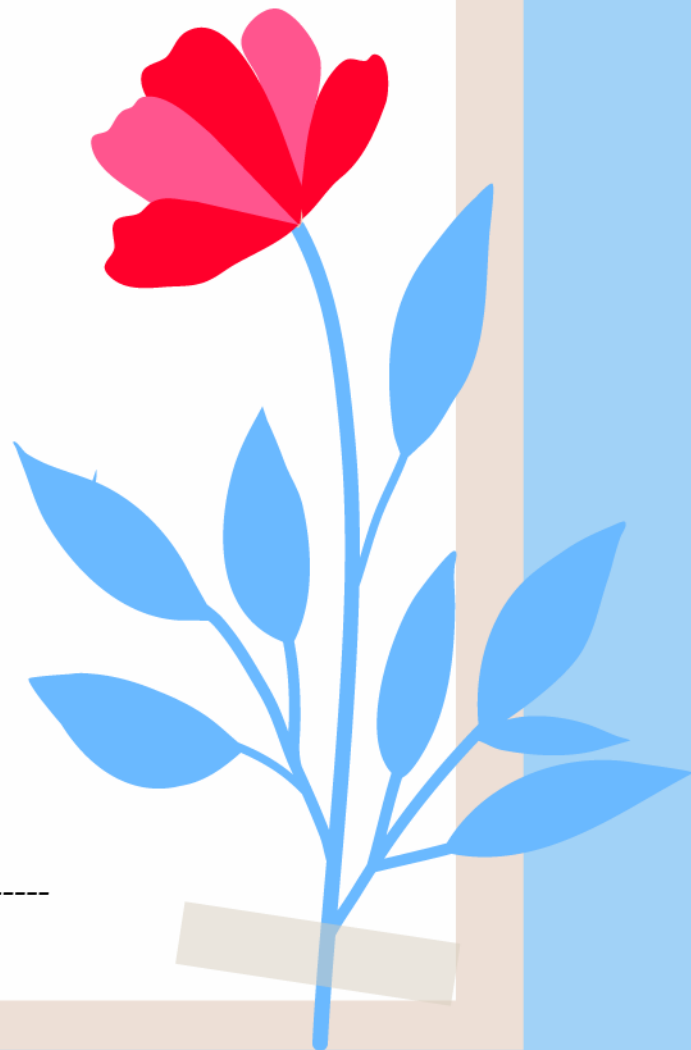
I learned that saying "no" isn't rude.
That rest isn't laziness.
That I deserve softness,
Even when the world only taught me hardness.

Now, I speak differently.
I show up differently.
Not perfect, but present.
Not fearless, but braver.

This program didn't just change me
It reminded me that I matter.
And that healing isn't a one-time thing
It's a choice I keep making.
Every. Single. Day.

So thank you
For investing in something you can't always see
But that changes everything.

-----MEMPROW Girl-----



MEMPROW MY LIFE SAVER

My name is Mbabazi Sashim.

I am 25 years old
Why MEMPROW is my life saver.

I got to know about MEMPROW in 2024 Feb.
I was passing through a lot as a young lady.

- I didn't know how to balance my emotions
 - I had a trauma of my mom how she raised (me) expecting much from me as being the first daughter
- Finding supportive network

- But MEMPROW help me with a therapist whom I shared my challenges with.

- MEMPROW helped me with ideas of finding supportive network.

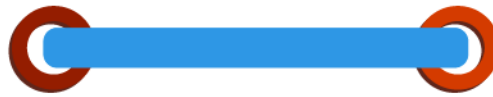
- They taught me how to control my emotions

- They helped me in overcoming challenges.

MEMPROW
thanks for paying
my Rent

Now am a free soul.
I can stand in confidence.
I can decide for myself.

Thanks to Madam
Lilian
&
MEMPROW



My journey with MEMPROW has been a growth-filled one and full of adventure through exploration of my potential, feelings and making better personal decision.

I have not only found motivation but a ground to build discipline and achieve not just for me but my community and every young girl out there.



The past 6-months were tough. I was and still unlearning a lot of things and it made me explore the broken and unhealed parts of me. The one-on-one sessions felt like a safe space to speak and feel heard and choose leading.

I trust that this foundation is a baseline for my dreams to dream and achieve, to always move forward and hold the hands of other females like I who battle mental health, gender-based violence, discrimination and limited access to basic needs like education and sexual reproductive health rights.

I as well appreciate every investment and resource invested to support the girls and I believe we shall carry forward the vision to build a young women agency and a feminist movement for inclusive and violence free society.

Merisha





Apiyo Ramto Flavia, from
move with Hart, I have learnt a lot, its
been a session of learning, understanding,
mind building and therapeutic in every sense. On
day 1, I was a bit biased, and worried about the exercises
and wondered how far I could go. Luckily for me, this was a
safe space, my insecurities turned into great sessions of
bonding, learning, and networking.

My biggest lesson, was the ability to say NO. Radical self-love and
the ability to put myself and live in the moment. I also learnt a lot
about my body, and my mind.

I am very thankful to Joyce, for not just being a listener, but a
great impact to what we/I call an achievement now.

I also thank MEMPROW, for the opportunity at wellness,
they have given me, and other activists. Indeed, we
cannot pour, from an empty cup. The knowledge,
we have received on wellness, lives on to see
brighter days in our actions,
testimonies, and silent wins.

I am so grateful for the opportunity that was granted to me to be part of these sessions. Thank you from the bottom of my heart for the transformative journey I have experienced through our therapy sessions. When I first walked into MEMPROW, I was discouraged, bitter, and deeply disappointed in the person I had become. I honestly didn't know who I was anymore. I was weighed down by the expectations of others, lost in my own thoughts, and disconnected from myself both mentally and physically.

To be honest, I thought it was going to be the usual talk to someone, get some counseling, and move on. But your sessions were different. They came with real guidance, deep understanding, and thoughtful check-ins that made me feel seen, heard, and most importantly, I realized I was not alone which pushed greatly to work on myself. Through this journey, I've found myself again. I've learned to be gentler with myself, to love myself more, and to stop letting the pressures and expectations of others rule me. I now give myself the grace I deserve and celebrate even the small wins. These sessions have helped me heal in ways I didn't even know I needed. My mental and physical health have improved significantly, and I can confidently say I am a better person than the one who first walked through your doors. I've not only found myself again, but I have started showing up for myself in ways I never used to. I now prioritize my well-being mentally and physically and that has brought real healing. These sessions have had a great impact on my behavior and mannerisms. I respond to life more calmly and thoughtfully. I carry myself with more confidence and grace. I listen better not just to others, but to myself. I've grown in how I think, speak, and act. And more than anything, I'm learning to live in the present moment, proud of who I am becoming.

I am truly grateful for all the support and safe space MEMPROW has offered me. You've helped me become a better, more grounded, and happier person. I will always carry this experience with me. I am now living in the present, honoring my growth, and choosing myself mentally, physically, and emotionally every single day. Thank you for helping me become a happier, more fulfilled version of. And if ever another opportunity to walk this journey with MEMPROW arises, I would welcome it without hesitation.

With deep appreciation,

Trinah

My journey with MEMPROW has been a good one, it has helped me learn how to handle stress, and self-love.

MEMPROW sessions have really made me gain confidence, in that before these sessions I was shy and with low self-esteem.

On the side of Yoga (physical exercise) I have been doing my best and now seeing results, e.g. no more body weakness on waking up feeling light(er) than before.

I want to take this moment to thank the sponsors of these sessions because they have helped me a lot in offloading myself of things I have no control over.

Thanks to the instructor Joyce who has been taking us through these sessions, she has been so good to us. A listener, tolerant and good instructor.

These sessions taught me to always be in a moment, because it has really helped me to always focus on what I am doing at that moment.

I am very humbled for this opportunity you offered us.

Stay blessed.



YOU CAN NOT POUR FROM AN EMPTY CUP

These sessions have taught me to take care of my wellbeing and so I can show up in life better and stronger.

I have learned to draw boundaries in order to meet my needs.

I now better understand my emotions and how to regulate them.

I have learnt how to stand in my power.

I no longer feel guilty for saying NO or taking time off.

Anzoa Diana

I thank MEMPROW for giving me this opportunity to be part of those sessions, it has really been a good journey of healing and learning my own body and self, paying details to my own self.

This session has helped me to learn living in a moment. If it's time to be happy I have to be happy at that moment.

It has also helped me learn to deal with different people with different characters.

Last week I came with a heavy heart after my uncle selling off my goats without my knowledge. It has not been easy for me, but I thank my trainer Joyce who came in for me. It was really so nice after sharing with her, am now with a lighter heart.

I have learnt how to handle my anger issues because previously I used to be stressed over something that I have no control on: I would be there angry over unending stresses.

Thank you for being so kind and caring to us, we are so much grateful.

I have really learnt a lot from these sessions.

May God keep you for us and stay blessed.

You are loved Joyce.
You are loved Lilian.

MASIKA REHEMAH



MY STORY OF CHANGE

My name is Achilla Gift Grace, a proud young activist and professional lawyer. I am happy to have associated myself with MEMPROW and I am grateful to have gone through these HEART Sessions with our lovely instructor Joyce.

I have learnt a lot during these sessions but what stands out is the fact that I should always live in the moment. I have achieved so much by just living in the moment for example whenever I am in a new environment I notice each and every detail of the place plus the people in the place. Secondly, I notice how people feel or how I want to deal with it.

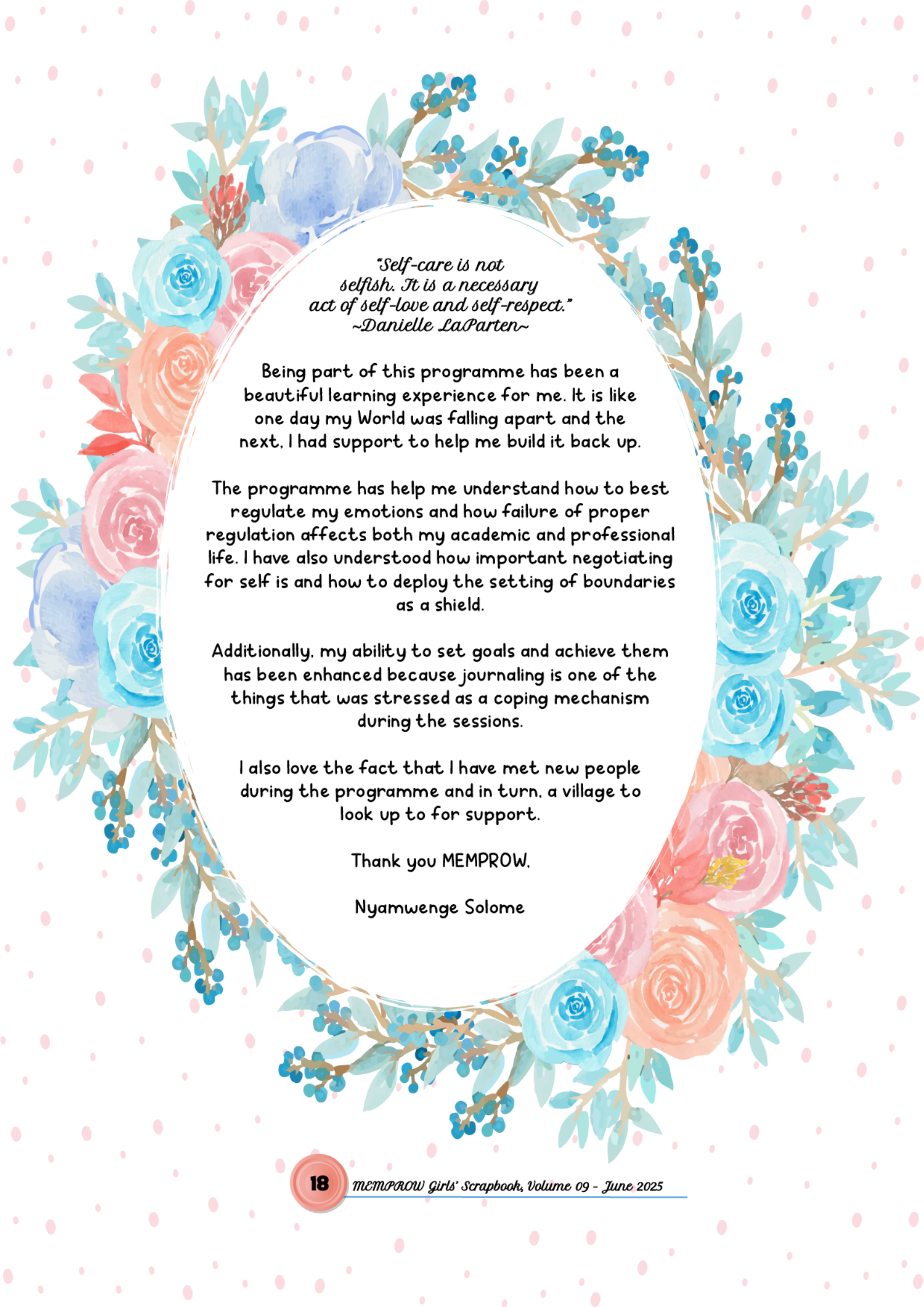
I have learnt to express my emotions so much that if I want to cry, I cry. If I am angry or sad I let myself go through it. I have let myself be vulnerable which I haven't been doing because I have always felt like I am the shoulder for everyone to lean on and I have always tried not to show my weakness.

The last one is forgiveness. I have learnt that we are all humans and we need forgiveness because at one point I will also need someone's forgiveness.

Last but not least, I have always wanted to do Yoga and I did get a chance to practice it and add it to my day-to-day schedule.

Thank you much.

-----A proud MEMPROW Girl-----
ACHILLA GIFT GRACE



*"Self-care is not selfish. It is a necessary act of self-love and self-respect."
~Danielle LaParten~*

Being part of this programme has been a beautiful learning experience for me. It is like one day my World was falling apart and the next, I had support to help me build it back up.

The programme has help me understand how to best regulate my emotions and how failure of proper regulation affects both my academic and professional life. I have also understood how important negotiating for self is and how to deploy the setting of boundaries as a shield.

Additionally, my ability to set goals and achieve them has been enhanced because journaling is one of the things that was stressed as a coping mechanism during the sessions.

I also love the fact that I have met new people during the programme and in turn, a village to look up to for support.

Thank you MEMPROW.

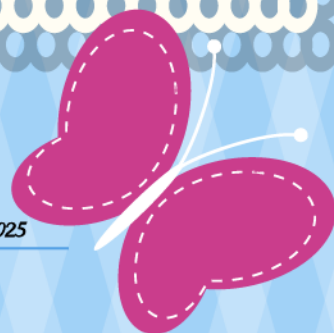
Nyamwenge Solome



My name is Mbabazi Sashim, and I feel a deep sense of pride in having participated in the move with Heart sessions. These sessions have taught me so much and have been truly transformative for me. I've learned so much about forgiveness, self-love and compassion. There was a time when I struggled to love myself and often found myself placing blame on my own shoulders. This journey has opened my eyes and helped me realize the importance of being kinder to myself.

I used to be someone who didn't believe in myself and was always afraid to face challenges. However, these sessions have truly empowered me to stand in my power. I am incredibly grateful to MEMPROW and our facilitator, Madam Joyce, for guiding me through this journey.

I would like to express my heartfelt gratitude to Madam Lilian. Thank you so much for your unwavering dedication to the well-being of the girl child. Your kindness and thoughtfulness truly make a difference.





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This is a publication by Mentoring and Empowerment Programme for Young Women (MEMPROW)



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