

PMWC IN ACTION: JANUARY - DECEMBER 2025

JANUARY:

1.1. A DAY @the OFFICE

1.2. Members' Self-Care Day



1.3. SiS Talk

Kilimani Primary School -Bullying & Mental Health



Global One Foundation Dharma School-Kibera - Stress & Pressure Management



1.4. Healthy bodies Healthy minds no 23 - Lenana Forest Nature Walk



1.5. kitiKyaUrafiki Support Group



FEBRUARY:

2.1. Team Community Support at NACADA 2nd SUMMIT



2.2. SiS Talk: Kilimani Primary School- Assembly Talk- Bullying & Mental Health



SiS Talk - Mahali Pa Watoto - Adulting 101



2.3. Healthy bodies Healthy minds no 24- Oloolu Nature Trail Walk



. 2.3. kitiKyaUrafiki Support Group Meeting



MARCH:

3.1. SiS Talk - AKAD Africa Mentee Group- Mental Health



SiS Talk -Kangemi Resource Centre- Friendship & Mental Health



3.2. ANNUAL GENERAL MEETING-5th

3.3. Healthy bodies Healthy minds no 25 - Ngong Hills Nature Hike

3.4. kitiKyaUrafiki Support Group Meeting



APRIL:

4.1. Healthy bodies Healthy minds no 26- Nairobi Safari Walk- Nature, Wellness & Awareness!



4.2. Precious Sisters Mentoring Weekend

MAY

5.1. SiS Talk -P.C.E.A Amani Primary School--Bullying and Stress management



SiS Talk - Edmund Rice Catholic Education Centre-Secondary School

Managing responsibility in the different developmental stages



SiS Talk -Karen C Primary School-Karen

Boys Mental Health: Managing Emotions, Stress & Anxiety, Building Healthy Habits & Asking for Help



5.2. Healthy bodies Healthy minds no 27 -Ngong Forest Sanctuary



5.3. kitiKyaUrafiki Support Group Meeting



JUNE:

6.1. SiS Talk -Kilimani Primary School- Developmental Stages & Mental Health



Global One Foundation Dharma School-Kibera- Drugs & Substance Abuse & Mental Health



Juanns Premier School-Donholm- Safe use of Social Media & Impact on our Mental Health



6.2. GENERAL MEETING-9th

6.3. Healthy bodies Healthy minds no 28 (National Museum of Kenya) Men's MH Awareness Walk



6.4. kitiKyaUrafiki Support Group Meeting



JULY:

7.1. SiS Talk - Kangemi Resource Centre-Friendship & Mental Health



7.2. Healthy bodies Healthy minds no 29 -Nairobi Arboretum



7.3. kitiKyaUrafiki Support Group Meeting

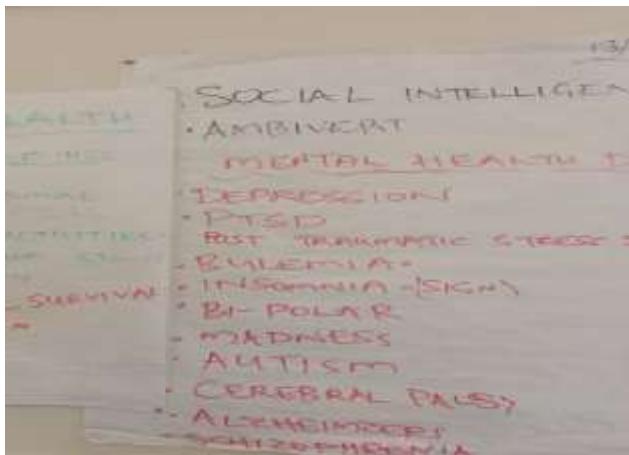


AUGUST

8.1. Team Community Support at Precious Sisters Mentoring Weekend



8.2. FDC-Mental Health Mentorship Program Form 3 & 4



8.3. Team Community Support at *Every story has it's purpose* (Kayole Phase 2)



8.4. Healthy bodies Healthy minds no 30- Karen Plains Walk



8.5. kitiKyaUrafiki Support Group Meeting



8.6. Renewed PMWC's annual Certificate

SEPTEMBER

9.1. SiS Talk - Kuza Soka Academy - MH,-Coping with Sports Pressure & Building Resilience



Freed to Heal-Mathare- Emotional Intelligence



Edmund Rice Catholic Education Centre-Secondary School- Anxiety



9.2. kwaGround- World Suicide Prevention Day



9.3. Healthy bodies Healthy minds no 31- Karura Forest - *Suicide Prevention Awareness Walk*

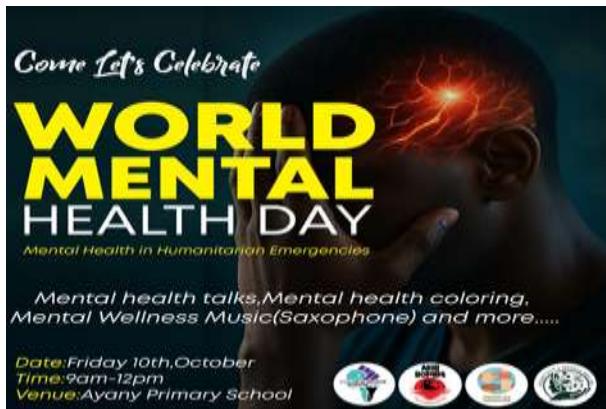


9.3. kitikyaUrafiki Support Group Meeting



OCTOBER

10.1. KwaGround with Akili Bomba- Kibra



10.2. Healthy bodies Healthy minds no 32- Nairobi War Cemetery - Mental Health Awareness Walk



10.3. kitiKyaUrafiki Support Group Meeting



10.4. Co-opted to: Wellcome Grant writing proposal team

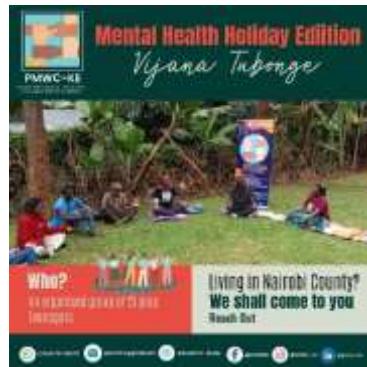
NOVEMBER

11.1. SiS Talk - Kangemi Resource Centre-Healthy Relationships



11.2. FDC Mental Health Mentorship Program- Forms 3&4





SiS Talk -Saints FC2024- MH,-Coping with Sports Pressure & Building Resilience



Sister Brother Love Initiative- Developmental Changes & Mental Health



11.2. **Healthy bodies Healthy minds no 33- Lenana Forest- #sayNoToGBV Orange Walk**



11.3. **kitiKyaUrafiki Support Group Meeting**



DECEMBER

12.1.FDC Mental Health Mentorship Program- Forms 3&4



12.2.GENERAL MEETING- 10th



12.3. Time for Catch-Up, Fun, Food & Games- Members & Friends of PMWC

