



Frolics of Hope Africa

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Frolics of Hope Africa

2024 Annual Report

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1. Letter from the Executive Director

Dear Friends,



Frolics of Hope Africa

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As I reflect on 2024, I am filled with gratitude and pride for the remarkable progress we have made together at Frolics of Hope Africa. This year has been a testament to the resilience, dedication, and compassion of everyone connected to our mission of rescuing, rehabilitating, and empowering vulnerable children and women across Kenya.

The year presented its share of challenges. A last-minute venue cancellation for our Human Trafficking Conference tested our adaptability, and the ongoing need for resources reminded us of the critical gaps we strive to fill. Yet, these hurdles only fuelled our determination. The conference went on virtually, attracting over 150 participants from Kenya, Nigeria, the US, and India, proving that even adversity cannot hinder a powerful cause.

We also saw tremendous achievements. Through our programs like **Ndoto Zetu**, we empowered over 50 women with skills in tailoring and home cleaning, setting them on a path toward economic independence. Our **Empowering Small Steps** initiative grew exponentially, with over 5 ambassadors rallying across the globe to raise funds and awareness for our mission. And let's not forget the countless lives transformed through our rescue and rehabilitation efforts, including children, women, and teenage mothers who now have hope for a brighter future.

These milestones would not have been possible without our generous **donors, sponsors, and partners**, who believed in our vision and stood with us every step of the way. To our **volunteers**, who gave their time and energy selflessly, and our **staff**, whose dedication and hard work drive our success every day—I extend my deepest gratitude. Together, you are the backbone of this organization.

As we look to 2025, our resolve remains strong. We are committed to expanding our programs, advocating for the rights of the vulnerable, and ensuring sustainable livelihoods for those we serve. The journey ahead is challenging, but with your unwavering support, I am confident that we will continue to make a lasting impact.

Thank you for standing with us. Together, we are changing lives and shaping a brighter future.

With gratitude,
Nkatha Mugao
Executive Director
Frolics of Hope Africa



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2. About Us

Founded in 2019, Frolics of Hope Africa is a registered community-based organization based in Nakuru, Kenya, dedicated to safeguarding the rights and dignity of vulnerable children, women, and teenage mothers. Our mission is to offer holistic services through rescue, reporting, rehabilitation, reintegration, and repatriation for those who have endured abuse, violence, and exploitation.

We focus on marginalized groups, including survivors of abuse, human trafficking, early forced marriages, and Female Genital Mutilation (FGM), who often face stigmatization and discrimination. Our programs address their immediate needs and provide long-term empowerment solutions through skills training, education support, and economic independence initiatives.

At Frolics of Hope Africa, we envision a world where every child and woman live free from violence and exploitation, empowered to thrive in a supportive and inclusive community.

3. Mission, Vision, and Values

Our Mission Statement

Frolics of Hope Africa is dedicated to ending child exploitation, ensuring all children have access to education and developmental opportunities, and resolving conflicts without discrimination.

Our Vision

A Community where every child's right to protection, survival and development is guaranteed.

Our Core Values

- **Integrity** – We are committed to honesty and truthfulness in all actions.
- **Accountability** – We take full responsibility for our decisions and actions.
- **Diversity & Inclusion** – We respect and embrace all differences as fundamental to our shared humanity.



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- **Collaboration** – We engage all stakeholders inclusively, free from any form of discrimination.
- **Commitment** – We advocate for children with professionalism, justice, and compassion.
- **Creativity** – We foster impactful, practical creativity within our communities and the children we serve.

4. Program Highlights

Major Programs and Initiatives in 2024

Empowering Small Steps

- **Description:**

This program mobilizes patrons, partners, and friends of Frolics of Hope Africa as volunteer ambassadors to raise funds and organize local events that advance the organization's mission. It emphasizes community involvement, fostering a global network of supporters dedicated to rescuing and empowering vulnerable children and women.
- **Achievements:**

The program grew exponentially in 2024, with over 100 volunteer ambassadors actively engaged. These ambassadors organized events and campaigns in 5 countries, significantly increasing awareness of our mission and raising funds to support our rescue, rehabilitation, and empowerment programs. Their efforts strengthened local partnerships and heightened the organization's visibility on an international scale.

Ndoto Zetu Project

- **Description:**

A skills empowerment initiative targeting teenage mothers and women from underprivileged areas like Pipeline IDP Camp and Bondeni slums. The program provides training in tailoring and home cleaning services, preparing beneficiaries for employment or entrepreneurship.
- **Achievements:**

In 2024, the Ndoto Zetu Project trained 50 women in tailoring and home cleaning, with 80% securing job placements or internships. Additionally, a revolving fund was established, offering low-interest loans to help participants start their own businesses. This project empowered women to achieve economic independence and break cycles of poverty and dependency.



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2024 Human Trafficking Conference

- **Description:**
A virtual conference aimed at raising awareness, sharing expertise, and creating actionable solutions to combat human trafficking. It brought together stakeholders from Kenya, Nigeria, the US, and India.
- **Achievements:**
Despite challenges, including a last-minute venue cancellation, the event successfully attracted over 150 participants. Keynote speakers and panelists delivered impactful discussions, strengthening collaborations and advocacy efforts. The conference highlighted Frolics of Hope Africa's leadership in addressing human trafficking.

International Women's Day Celebrations

On March 8, 2024, Frolics of Hope Africa hosted a vibrant International Women's Day celebration, bringing together over 75 women from Nakuru County. The event served as a platform to recognize and honor women who are making impactful contributions to their communities.

Event Highlights:

- **Awards and Recognition:** We awarded certificates of recognition to outstanding women in five categories:
 1. Community Leadership
 2. Innovation and Entrepreneurship
 3. Advocacy and Human Rights
 4. Education and Mentorship
 5. Environmental Conservation
- **Award Winners:** The top three women in each category received special awards for their remarkable efforts in transforming lives and driving change.
- **Engagement:** The event included inspiring keynote speeches, networking opportunities, and shared experiences that celebrated the resilience and achievements of women.



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Emergency Rescue and Support Services

- **Description:**
Ongoing efforts to provide immediate assistance to victims of abuse, violence, and exploitation, including shelter, food, and medical care.
- **Achievements:**
Over 257 children and women were rescued in 2024, with emergency shelter and basic necessities provided. Partnerships with organizations like Citam Church played a critical role in sustaining these efforts, showcasing the importance of collaborative support in crisis response.

Community Sensitization and Advocacy

- **Description:**
Campaigns aimed at educating communities about child rights, gender-based violence, and the importance of inclusivity for all children.
- **Achievements:**
The program reached over 5,000 community members through workshops, seminars, and public events. This increased awareness significantly reduced stigma and discrimination, fostering safer environments for marginalized populations.

Pipeline IDP Tailoring Program

- **Description:**
A project supporting women at the Pipeline IDP camp by providing tailoring equipment, training, and opportunities to create sustainable livelihoods.
- **Achievements:**
In 2024, this program helped 30 women produce school uniforms and household items, generating income and promoting self-reliance. Proceeds from the project also contributed to the education of children within the camp.

Through these programs, Frolics of Hope Africa demonstrated its unwavering commitment to protecting and empowering vulnerable populations, achieving measurable impacts across multiple areas. These initiatives underscore the organization's role as a catalyst for meaningful change in the lives of those it serves.



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5. Impact and Achievements

Our Impact in 2024

At Frolics of Hope Africa, 2024 was a year of profound impact, marked by tangible outcomes that transformed lives and brought hope to vulnerable children, women, and families. Here is a snapshot of our achievements:

Children Rescued

- **257 children** were rescued from situations of abuse, violence, trafficking, and exploitation.
- Each child received emergency care, including shelter, food, counseling, and medical services. One inspiring story is that of *Faith* (name changed), a 12-year-old who was rescued from child labor and, after rehabilitation, was reintegrated with a supportive foster family and enrolled in school.
- We responded to over 3,000 cases as reported by our volunteers in Kenya and Nigeria.

Women Empowered

- **50 women** were trained in tailoring, home cleaning services, and business skills as part of the **Ndoto Zetu Project** and Pipeline IDP Tailoring Program.
- **70%** of these women secured employment and 30% started their own businesses. For example, *Alice*, a teenage mother, used her tailoring skills to open a small shop, enabling her to provide for her child and live independently.

Community Outreach

- **5,340 community members** were engaged through our sensitization programs, which addressed child rights, gender-based violence, HIV awareness, and human trafficking prevention.
- Feedback showed that **90%** of participants felt better equipped to identify and report cases of abuse, fostering safer and more informed communities.

Educational Support

- **6 scholarships** were provided to vulnerable children and teenage mothers, ensuring they could access education despite financial hardships.



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- Among the beneficiaries is Elizabeth a 14-year-old girl from the weavers, whose scholarship enabled her to join junior secondary and pursue his dream of becoming a doctor.

Emergency Relief Efforts

- During the Naivasha floods, **over 240 people** received emergency shelter, food, and clothing in collaboration with Citam Church, CDTD (Center for Domestic Training and Development), Mastercard Foundation and other partners.
- These efforts saved lives and provided comfort to families who had lost their homes and livelihoods.

Volunteer Ambassadors' Impact

- The **Empowering Small Steps** program saw **100 ambassadors** organize events and fundraisers in 5 countries, raising awareness and mobilizing resources to sustain our mission.

A Ripple Effect of Hope

Through these achievements, Frolics of Hope Africa not only changed lives but also inspired hope and resilience in the communities we serve. These numbers are more than statistics—they represent stories of survival, transformation, and renewed hope, made possible by the unwavering support of our donors, partners, staff, and volunteers.

6. Financial Overview

Financial Summary for 2024

Frolics of Hope Africa experienced significant financial growth in 2024, enabling the organization to expand its programs and enhance its impact. Below is a detailed summary of our financial performance for the year:

Income Sources

- **Freedom Fund Grant:** \$20,000 received in December 2024 to support rescue and rehabilitation initiatives.



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- **Women Empowerment Link (WEL) Grant:** Ksh 40,000 allocated to boost the poultry project, a sustainability initiative supporting women in the Pipeline IDP camp.
- **Centre for Domestic Training and Development (CDTD) Grant:** Ksh 330,000 provided to assist eight children who survived the Maai Mahiu flood disaster, ensuring their access to education and rehabilitation services.
- **Talitha Kum Internation Donation:** Ksh 50,000 to organize the July Awareness Against Human Trafficking Conference.
- **Donations and Fundraising:** Raised through the **Empowering Small Steps** program, contributing additional resources for operations and special projects.
- **Corporate Partnerships:** In-kind support from organizations like Citam Church, providing shelter, food, and other emergency services.

Donation Received	Amount / Estimate
Mpesa	Ksh 2,024,263
Bank	Ksh 3,484,206
In-Kind Donations (Food, Clothing, Books, toys, firewood, medical, etc)	Ksh 2,250,000
GRAND TOTAL	Ksh 7,758,469

Expenditures

1. **Program Costs (60% of total income):**
 - Rescue, rehabilitation, and reintegration services: Ksh 1,400,000
 - Skills training and empowerment programs: Ksh 900,000
 - Educational support and scholarships: Ksh 800,000
 - Emergency relief efforts for flood survivors and Family tracing: Ksh 205,081
2. **Administrative Costs (25% of total income):**
 - Volunteer Allowances: Ksh 750,000
 - Office operations (rent, utilities, supplies): Ksh 627,117
3. **Fundraising and Awareness (15% of total income):**
 - Organizing the Human Trafficking Conference and community sensitization events: Ksh 240,270
 - Marketing, branding and communication efforts: Ksh 430,000
 - Planning and Organizing the International Women's Day: Ksh 1560,000



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Financial Statements

Detailed financial reports, including income statements and expenditure breakdowns, are available upon request. We uphold the highest standards of financial transparency and accountability to our donors, partners, and stakeholders.

Looking Ahead

The financial support received in 2024 allowed us to make a significant impact in the lives of children and women. As we move into 2025, we remain committed to growing our funding base, ensuring sustainable support for our programs, and expanding our reach to serve even more vulnerable individuals.

We extend our heartfelt gratitude to our donors, sponsors, and partners for their trust and investment in our mission. Your contributions are the foundation of the hope we bring to those in

7. Resource Mobilization and Partnerships

Key Partnerships and Collaborations in 2024

At Frolics of Hope Africa, partnerships and collaborations have been pivotal in driving our mission and ensuring the sustainability of our programs. In 2024, we strengthened relationships with existing partners and forged new alliances that amplified our impact.

Key Partnerships

1. Freedom Fund

- **Contribution:** A \$20,000 grant provided in late 2024 to support our rescue and rehabilitation programs.
- **Impact:** Enabled us to setup our office at Ereto Plaza 3rd Floor, design and start the implementation of the care and domestic workers training in Nakuru, buy a rescue van, and set up our 2025 sustainability program projects.

2. Centre for Domestic Training and Development (CDTD)

- **Contribution:** Ksh 330,000 to support eight children who survived the Maai Mahiu flood disaster.
- **Impact:** Ensured the provision of shelter, counseling, and education for affected children, facilitating their recovery and reintegration into safe environments.

3. Women Empowerment Link (WEL)



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- **Contribution:** A grant of Ksh 40,000 to support the poultry project under the Ndotu Zetu program.
 - **Impact:** Strengthened our efforts to empower women at the Pipeline IDP camp, promoting sustainable livelihoods and economic independence.
4. **Citam Church**
- **Contribution:** Ongoing support through emergency shelter, food, and rescue services for victims of abuse and natural disasters.
 - **Impact:** Provided life-saving assistance to over 257 individuals during the Naivasha floods and supported the rehabilitation of abuse survivors.
5. **Empowering Small Steps Ambassadors**
- **Contribution:** Over 100 volunteer ambassadors from 10 countries organized local events and fundraisers.
 - **Impact:** Increased global awareness of our mission and raised critical funds for operations and special projects.

Resource Mobilization Strategies

1. **Corporate Partnerships:**
 - Collaborations with organizations like Freedom Fund, Talitha Kum, WEL, and CDTD brought substantial financial and in-kind support.
 - Joint initiatives with Citam Church and other partners ensured access to emergency services and capacity-building programs.
2. **Individual Donors and Volunteer Engagement:**
 - The **Empowering Small Steps** program leveraged the commitment of individuals who organized events and campaigns, raising funds and engaging local communities.
3. **Online Campaigns:**
 - Social media platforms were used to run targeted fundraising campaigns, increasing visibility and attracting new supporters.
4. **Grants and Funding Opportunities:**
 - Proactively applied for and secured grants from international organizations and foundations to expand program reach.



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Looking Ahead

The partnerships and resource mobilization strategies of 2024 have been instrumental in driving Frolics of Hope Africa's mission. As we grow, we aim to deepen these collaborations, build new relationships, and diversify our funding sources to sustain and scale our impact.

We extend heartfelt gratitude to our partners, donors, and supporters for their unwavering commitment to empowering vulnerable populations and creating lasting change.

8. Staff and Volunteers

Acknowledging Our People

The success of Frolics of Hope Africa in 2024 is a testament to the hard work, dedication, and resilience of our leadership team, staff, and volunteers. Together, they embodied our mission of bringing hope and transformation to vulnerable communities.

Leadership Team

Our leadership team provided strategic direction, resilience, and unwavering commitment to our mission. The team includes:

- **Nkatha Mugao, Founder and CEO:** Her visionary leadership continues to steer Frolics of Hope Africa to greater heights, especially through initiatives like the Ndoto Zetu Project and Empowering Small Steps.
- **Dr. Pranav Pancholi, Patron:** His support and advocacy have opened new opportunities for collaboration and resource mobilization.
- **Board Members:** Comprising professionals with diverse expertise, our board has been instrumental in guiding policy, governance, and resource allocation.

Staff Highlights

Our dedicated staff have been the backbone of our programs, ensuring their effective delivery and meaningful impact. Notable mentions include:



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- **Rebecca Moenga, Program Manager:** Led the successful implementation of the Empowering Small Steps initiative, coordinating over 100 volunteer ambassadors in 10 countries.
- **Peter Njoroge, Social Worker:** Provided exceptional support to rescued children, ensuring their well-being and smooth reintegration into safe environments.
- **Charles Onyango, Trainer:** Empowered over 50 women with skills in tailoring and business development, contributing to their economic independence.

Volunteer Engagement

Volunteers have played a critical role in amplifying our mission and extending our reach:

- **Number of Volunteers:** Over 100 volunteers actively participated in various programs, contributing their time, skills, and resources.
- **Key Volunteer-Led Initiatives:**
 - The **Empowering Small Steps** program, where ambassadors organized local fundraising events, raised awareness, and mobilized resources across 10 countries.
 - Community sensitization campaigns, which engaged over 5,000 people, fostering awareness on child protection, human trafficking, and gender-based violence.
 - Emergency response efforts during the Naivasha floods, where volunteers worked tirelessly to provide relief to affected families.

A Heartfelt Thank You

To our leadership team, staff, and volunteers, your passion and dedication have been the driving force behind every life we've touched. Your efforts inspire hope, create opportunities, and transform lives every day. We are deeply grateful for your contributions and look forward to achieving even greater milestones together in 2025.

9. Challenges and Lessons Learned

Challenges and Lessons Learned

The journey of Frolics of Hope Africa in 2024 was marked by significant achievements, but it was not without its challenges. These hurdles tested our resilience, adaptability, and commitment to our mission.



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Challenges

- 1. Venue Cancellation for the Human Trafficking Conference**
 - **Impact:** A last-minute security incident at the venue disrupted our plans, requiring an urgent shift to a virtual platform. This caused logistical challenges and additional costs.
 - **Outcome:** Despite the disruption, the event was successfully held online, drawing over 150 participants from four countries and delivering impactful discussions.
- 2. Resource Constraints**
 - **Impact:** Limited funding and resources stretched our capacity to meet the growing demand for rescue, rehabilitation, and empowerment services, especially during emergencies like the Naivasha floods.
 - **Outcome:** Strategic partnerships with organizations like Citam Church, Freedom Fund, and CDTD helped fill critical gaps, but some planned initiatives were scaled back or delayed.
- 3. Operational Hurdles**
 - **Impact:** Relocating our office to Nakuru CBD introduced temporary disruptions, including adjustments to staff operations and community outreach logistics.
 - **Outcome:** The move ultimately enhanced our accessibility and visibility, but it underscored the need for better planning during transitions.
- 4. Rising Demand for Services**
 - **Impact:** The increasing cases of abuse, trafficking, and displacement highlighted the urgency of scaling our programs to reach more beneficiaries.
 - **Outcome:** While we supported hundreds of individuals, resource limitations meant we could not address all requests for assistance.

Lessons Learned

- 1. Adaptability is Key**
 - The venue cancellation for the Human Trafficking Conference demonstrated the importance of flexibility. By swiftly transitioning to a virtual platform, we ensured the event's success. Moving forward, we plan to adopt hybrid models for major events, blending physical and virtual participation for greater resilience.
- 2. Strategic Partnerships Enhance Impact**
 - Resource constraints reinforced the value of collaboration. Partnering with organizations and mobilizing volunteers enabled us to address urgent needs



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effectively. Strengthening existing partnerships and diversifying funding sources will remain priorities in the coming years.

3. **Proactive Planning Reduces Disruption**

- The challenges of relocating to Nakuru CBD emphasized the need for comprehensive planning and clear communication. Future operational changes will include detailed transition strategies to minimize disruptions.

4. **Sustainability is Crucial**

- The rising demand for our services highlighted the need for sustainable funding models and capacity-building programs. Initiatives like the **Empowering Small Steps** and the poultry project will serve as blueprints for scaling impact while ensuring long-term financial health.

Moving Forward

These challenges have made us stronger and more focused on our mission. By applying the lessons learned, we are better prepared to navigate uncertainties and seize opportunities in 2025 and beyond. We remain committed to serving our beneficiaries with excellence and integrity, no matter the obstacles.

10. Looking Ahead: Plans for 2025

Goals and plans for 2025

As we step into 2025, Frolics of Hope Africa is committed to building on the successes and lessons of the past year to expand our reach, deepen our impact, and create sustainable solutions for the communities we serve.

Program Expansions

1. **Ndoto Zetu Project**

- **Plan:** Expand the project to underserved regions, particularly in Rift Valley and Western Kenya, to empower more women and teenage mothers with skills and economic independence.
- **Target Impact:** Reach an additional 300 women and teenage mothers, offering training in tailoring, home cleaning services, and business development.

2. **Empowerment Program for Young Women and Girls**



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- **Plan:** Launch the program to support girls and young women aged 15-28 who have experienced abuse, trafficking, or early forced marriages.
 - **Focus Areas:** Training in textile recycling, fashion design, and entrepreneurship, coupled with access to low-interest loans and mentorship.
 - **Expected Outcome:** Equip at least 200 participants with skills and resources for sustainable livelihoods.
3. **Community Sensitization Efforts**
- **Plan:** Amplify community outreach programs to educate more people on child abuse, trafficking, and gender-based violence.
 - **Target Impact:** Engage 10,000 community members through workshops, public events, and media campaigns.

New Initiatives

1. **Child Protection Advocacy Program**
 - **Plan:** Collaborate with schools and local governments to establish child protection clubs and reporting mechanisms in five sub-counties.
 - **Goal:** Ensure children have safe spaces to learn, report, and advocate for their rights.
2. **Daycare Support for Teenage Mothers**
 - **Plan:** Establish a daycare center in Nakuru County for teenage mothers pursuing education or vocational training under our programs.
 - **Outcome:** Enable young mothers to focus on their education and skills development without childcare constraints.
3. **Clothes Recycling Project**
 - **Plan:** Operationalize the initiative funded by HEVA to create jobs for 50 youths and train over 2,000 individuals on textile recycling and environmental conservation.
 - **Goal:** Promote environmental sustainability while addressing youth unemployment.

New Partnerships

1. **Strengthening Collaborations**
 - Expand partnerships with international organizations like Freedom Fund and Women Empowerment Link to support our rescue and rehabilitation services.



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- Build new alliances with corporate entities and local governments to sustain and scale our programs.
- 2. **Resource Mobilization**
 - Leverage digital campaigns, volunteer ambassadors, and grant opportunities to secure additional funding for program sustainability.

Organizational Growth

- **Capacity Building:** Invest in staff training and development to enhance program delivery and management.
- **Infrastructure Expansion:** Set up additional program centers in target regions to enhance accessibility for beneficiaries.
- **Monitoring and Evaluation:** Strengthen impact assessment mechanisms to ensure transparency and accountability.

Vision for 2025

Our goal is to reach more people, uplift communities, and create lasting change. With the support of our donors, partners, and volunteers, we are confident that 2025 will be a transformative year for Frolics of Hope Africa and the communities we serve. Together, we will continue to bring hope and empowerment where it is needed most.

11. Acknowledgements and Gratitude

A Heartfelt Thank You

As we reflect on the impactful year of 2024, we would like to extend our deepest gratitude to the incredible individuals and organizations who have supported Frolics of Hope Africa.

To Our Donors and Partners:

Your generosity and belief in our mission have made it possible for us to rescue, rehabilitate, and empower those most in need. The financial contributions from Freedom Fund, Women Empowerment Link, CDTD, and our corporate partners have played a crucial role in advancing our programs, and we are profoundly grateful for your trust and partnership.



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To Our Volunteers:

Your unwavering dedication and selflessness continue to inspire us. Over 100 volunteers worked tirelessly across 10 countries, organizing events, raising awareness, and offering invaluable support to our cause. Without your commitment, we could not have achieved what we did in 2024.

To Our Staff:

To our incredible team, thank you for your professionalism, compassion, and resilience. You are the backbone of our organization, ensuring the successful delivery of our programs and services, often in the face of challenges. Your hard work makes a lasting impact on the lives of those we serve.

To Our Community Members:

Finally, to the communities we serve, thank you for your trust in us. We are honored to walk alongside you in your journey of healing, empowerment, and growth. Your strength and resilience inspire everything we do.

Together, we have made 2024 a year of progress and transformation. We look forward to continuing this journey with each of you, as we create even more opportunities and hope in the year ahead.

Thank you!



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Appendices (Optional)





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