

NASERIAN'S HEART OF HEALING FOUNDATION'S PROPOSAL



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A vision by Purity Wanjela (Naserian) – Founder & Counsellor, Naserian's Heart of Healing Foundation.

CONCEPT NOTE

Conceptual rendering of the proposed Community Counselling and Healing Centre in Kajiado South, Isinet, Kajiado County, Kenya.

Creating spaces where people Heal, Restore and Rebuild their lives.

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Healed to Heal.

Naserian's Heart of Healing Foundation

Creating Spaces Where People Heal, Restore, and Rebuild Their Lives

Community Counselling and Healing Centre

Location: Kajiado South, Isinet, Kajiado County, Kenya

Our Belief

We believe healing changes everything.

When an individual heals, families become stronger. When families become stronger, communities become healthier. Lasting transformation begins when people are given a safe place to heal, to be heard, and to rediscover hope.

Naserian's Heart of Healing Foundation exists to create that place.

Our Vision

In Kajiado South, Isinet, Kajiado County, many individuals and families carry experiences that deeply affect their emotional wellbeing, yet access to counselling and mental health support remains limited.

Behind every person is a story. A story of struggles, dreams, pain, resilience, and hope.

Many people go through difficult experiences without ever having a safe space where they can be heard, understood, and supported. Trauma, grief, family challenges, difficult life transitions, and painful experiences can leave wounds that are often invisible but deeply impactful.

Naserian's Heart of Healing Foundation was created with the vision of establishing a Community Counselling and Healing Centre that will serve Kajiado South and the wider Kajiado County, providing accessible, compassionate, and trauma-informed support for individuals, families, and communities.

Our vision is to create a place where people can come as they are, receive support without judgement, and begin their journey towards healing and restoration.

Listening Before Building

Before laying the foundation of a building, we chose to lay the foundation of relationships.

From the very beginning, we recognized that meaningful and lasting change starts with listening. We have begun engaging with community elders, women, widows, young people, and other members of the community in Kajiado South, taking time to understand their experiences, their challenges, and their hopes for the future.

These conversations have strengthened our conviction that while many organizations are responding to physical and economic needs, there remains a significant need for accessible mental health support and safe spaces where people can heal emotionally and psychologically.

The Community Counselling and Healing Centre is being shaped through these conversations so that it reflects the needs, values, culture, and aspirations of the people it is intended to serve.

We believe the most sustainable solutions are created with communities, not simply for communities. As we continue this journey, we remain committed to listening, learning, and building alongside the community every step of the way.

What We Are Hearing from the Community

As we continue engaging with community elders, women, widows, young people, and other members of the community, a consistent picture has emerged.

Many families are carrying emotional burdens that often go unseen and unsupported. Community members have spoken about grief, family conflict, trauma, depression, anxiety, hopelessness, and the growing impact of suicide on individuals and families. Widows and widowers have shared experiences of isolation and loss, while many young people continue to face emotional challenges with very few places to turn for professional support.

The community has also highlighted the ongoing realities of early marriage and female genital mutilation (FGM), recognizing the profound emotional and psychological impact these experiences can have on girls and young women.

These conversations have reinforced our belief that while practical support remains essential, healing must also include emotional and mental wellbeing. The Community Counselling and Healing Centre is our response to that need, creating a safe, culturally responsive space where individuals and families can access compassionate counselling, healing, and hope.

Why a Community Counselling and Healing Centre?

Many community initiatives focus on addressing immediate needs through education support, economic empowerment, and material assistance. These interventions are important and

necessary, but there is another need that is often overlooked, emotional and psychological healing.

A person can receive external support while still carrying deep internal pain.

At the heart of this foundation is a Community Counselling and Healing Centre because we believe healing is the foundation upon which individuals, families, and communities transform.

The center will provide:

- Individual counselling for children, youth, women, and men.
- Family counselling and relationship support.
- Trauma-informed healing programs.
- Mental health awareness and community education.
- Support groups for individuals experiencing grief, loss, and major life challenges.
- Safe spaces for reflection, restoration, and personal growth.

We believe that when people heal internally, they are empowered to rebuild their lives externally.

Supporting Girls and Young Women

While the foundation's primary focus is healing and counselling, we recognize that many girls and young women within the community experience circumstances that deeply affect their emotional wellbeing and future opportunities.

In Kajiado South, some girls continue to experience challenges such as early marriages and female genital mutilation (FGM).

Our role is not to lead campaigns against these practices. Our role is to walk alongside the girls who have experienced them or who are navigating the impact of these experiences.

Through counselling, mentorship, psychosocial support, and collaboration with community stakeholders, we aim to help these young women heal, rebuild their confidence, and reconnect with their dreams.

This includes:

- Trauma counselling and emotional support.
- Safe reintegration into education where possible.

- Mentorship and personal development.
- Creating safe spaces where girls feel valued, heard, and supported.
- Working alongside families and community leaders to encourage healthier futures.

Because healing is not only about removing someone from a difficult situation. It is also about helping them rediscover who they are beyond what they have experienced.

Building a Culture of Healing in Kajiado South

Mental health conversations are still surrounded by stigma in many communities. Many people suffer silently because they do not have access to safe and compassionate spaces where they can speak openly without fear of judgement.

Through counselling services, community outreach, mental health education, and collaboration with local leaders, schools, health facilities, and community groups, Naserian's Heart of Healing Foundation seeks to create a culture where seeking support is viewed as a sign of strength rather than weakness.

We believe that healing one person can transform a family. Healing families can strengthen communities. Stronger communities create healthier generations. Our vision is not only to respond to emotional pain when it arises, but to cultivate a community where mental wellbeing is understood, valued, and protected.

The Healing Centre We Envision

At the heart of Naserian's Heart of Healing Foundation is the vision of creating a physical Community Counselling and Healing Centre in Kajiado South, Isinet, Kajiado County, Kenya. The center will be more than a building. It will be a place of restoration, belonging, dignity, and hope. We envision a peaceful environment where every person who walks through the gates immediately feels safe, welcomed, and respected. A place designed not only to provide counselling, but to create an atmosphere where healing can begin the moment someone arrives.

The center will include:

- Private counselling rooms designed to provide confidentiality and comfort.
- Family counselling rooms where couples, parents, and children can heal together.
- Group therapy and support group spaces.

- Training and workshop rooms for community education, mentorship, and life skills programs.
- Child-friendly counselling spaces designed to help children express themselves safely.
- Administrative offices to support the daily operations of the foundation.
- A welcoming reception and waiting area where visitors feel seen and cared for.
- Peaceful gardens, trees, and outdoor seating areas where people can reflect, reconnect, and find moments of stillness.
- A multipurpose community space for dialogue, healing circles, community gatherings, and educational programs.

As the foundation grows, we also envision creating programs that address practical needs alongside emotional healing. Where appropriate, the center will connect individuals and families with education support, mentorship opportunities, referrals, and community resources that contribute to long-term wellbeing.

Every part of the center will be intentionally designed to communicate one message:

You are safe here. You are valued here. Healing is possible here.

Building a Sustainable Healing Centre

For the Community Counselling and Healing Centre to effectively serve the community, it will require a dedicated team committed to providing compassionate, professional, and culturally responsive care.

While volunteers will play an important role in supporting community programs and outreach, sustainable healing services require trained professionals who are valued, supported, and equipped to serve the community with excellence.

The center will create opportunities for:

- Professional counsellors.
- Psychologists and psychosocial support professionals.
- Local community-based counsellors who understand the Maasai culture, traditions, and lived experiences of the people they serve.
- Administrative staff who ensure the smooth day-to-day running of the center.

- Reception and client support staff who welcome every visitor with warmth and dignity.
- Cleaners and maintenance personnel who help create a peaceful, safe, and welcoming environment.
- Volunteers and community champions who support outreach, awareness campaigns, and community engagement activities.

A key part of our approach is ensuring that counselling services are culturally appropriate and accessible. Wherever possible, counselling will be offered in English, Kiswahili, and the local Maasai language so that individuals can express themselves in the language that feels most natural, comfortable, and safe.

We believe language is an important part of healing. People should never have to translate their pain before they can be understood.

By creating employment opportunities and investing in local capacity, the foundation will not only provide counselling services but will also strengthen the community from within.

Our goal is to establish a professionally managed, community-owned institution that continues serving people with excellence for generations to come.

Our Guiding Pillars

Healing

We provide compassionate, professional, and culturally responsive counselling that supports individuals and families as they navigate trauma, grief, loss, emotional challenges, and life's transitions.

Healing is at the heart of everything we do because we believe every person deserves the opportunity to experience restoration and renewed hope.

Restoration

Healing is a journey, not a single moment.

We walk alongside individuals and families as they rebuild confidence, strengthen relationships, rediscover purpose, and create healthier futures for themselves and those around them.

Belonging

Every person deserves to feel seen, heard, respected, and valued.

We are committed to creating a safe, welcoming, and culturally responsive environment where counselling is accessible in English, Kiswahili, and the local Maasai language whenever possible, ensuring that no one feels excluded from receiving support.

Hope

Hope is what allows people to imagine a future beyond their current circumstances.

Through counselling, mental health education, mentorship, community partnerships, and opportunities for personal growth, we aim to nurture hope in individuals, families, and the wider community, believing that healed people contribute to stronger and more compassionate communities.

Why This Work Matters to Me

This vision is deeply personal because it comes from a place of lived experience.

My journey has taught me that healing is possible, even after experiencing seasons that feel overwhelming.

Growing up, I experienced challenges that shaped me deeply, including family struggles, violence, difficult experiences, and moments where I had to navigate pain that was not always visible to others. I know what it means to carry emotional wounds, to experience uncertainty, and to search for hope during difficult seasons.

As a child, I also faced a serious heart condition that became a defining part of my life. During that season, I made a promise that if I was given another chance at life, I would dedicate my life to serving others.

My story is not defined by the difficulties I experienced. It is defined by what I learned through them.

Through healing, self-discovery, and personal growth, I discovered that our experiences do not have to determine our future. With support, compassion, and the right environment, people can overcome painful chapters and rebuild their lives.

As I continued on my own healing journey, I realized that healing is not only something we experience, it is something we can share with others.

That conviction led me to begin creating spaces where people could reconnect with themselves through conversations, counselling, and personal development. I also wrote a book on identity (*What Stands Between You and What You Want*), exploring the journey of remembering who we are beyond our wounds, fears, and life experiences. Seeing the book resonate with readers and support others in their own healing has strengthened my belief that when people heal from within, every area of their lives begins to change.

Those experiences have reaffirmed my calling to create spaces where healing is not a privilege, but something people can access within their own community.

This is the foundation of Naserian's Heart of Healing Foundation.

I want to create the kind of safe space that allows people to believe that their past does not have to limit their future. A space where individuals can be seen, heard, supported, and reminded that healing is possible.

My story is a reminder that transformation can come from the places where we have experienced the greatest challenges. If healing was possible for me, then I believe it is possible for many others.

Naserian's Heart of Healing Foundation is not about my personal journey alone. It is about creating a community legacy, a place that belongs to the people it serves and continues bringing hope and healing for generations to come.

I do not want this vision to end with me. I want it to outlive me.

Partnership Opportunity

Naserian's Heart of Healing Foundation is an invitation to build something that will serve generations.

We believe every individual deserves access to compassionate, professional, and culturally responsive mental health support, regardless of where they live or their circumstances.

To bring this vision to life, we are seeking partnerships with foundations, organizations, corporations, institutions, and individuals who believe that healing is one of the greatest investments we can make in a community.

Your partnership will help establish and sustain the Community Counselling and Healing Centre in Kajiado South, Isinet, Kajiado County, Kenya.

Together, we will create a place where individuals, families, and communities can access professional counselling, mental health education, trauma-informed care, and culturally responsive support in an environment built on dignity, compassion, and hope.

Your partnership will help us:

- Establish and equip the Community Counselling and Healing Centre.
- Provide accessible individual, family, and group counselling services.
- Offer counselling in English, Kiswahili, and the local Maasai language.
- Recruit, train, and retain qualified counsellors and psychosocial support professionals.
- Create safe healing and mentorship programs for girls and young women.
- Conduct community mental health awareness and outreach programs.
- Build local capacity by employing counsellors, administrators, support staff, and engaging volunteers.
- Maintain a peaceful, welcoming, and professionally managed environment where every individual is treated with dignity, respect, and compassion.
- Expand access to counselling for people who would otherwise have little or no access to professional mental health services.

Our vision extends far beyond constructing a building.

We are building a place where a child can speak without fear, where a family can begin again, where a young woman can rediscover her future, where grief can be met with compassion, and where people who have carried silent pain for years can finally find someone willing to listen.

We are building an institution that belongs to the community. An institution that will continue serving long after its founder is gone.

One that future generations will look to as a place of healing, restoration, and hope.

We invite you to become part of that story.

Closing Invitation

Every community deserves a place where healing is possible.

Every child deserves to be heard.

Every family deserves the opportunity to rebuild.

Every person deserves to know that they are not alone.

Together, we can create more than a counselling center.

Together, we can build a Community Counselling and Healing Centre that becomes a place of refuge, restoration, belonging, and hope for the people of Kajiado South, Isinet, Kajiado County, Kenya.

Because when one person heals, a family becomes stronger.

When families become stronger, communities flourish.

And when communities heal, generations are transformed.

Creating Spaces Where People Heal, Restore, and Rebuild Their Lives

Thank you for taking the time to learn about the vision of Naserian's Heart of Healing Foundation.

Together, we can create spaces where healing begins.