



**2025**

# **Ester Therapy Center Annual Report**

Promoting Mental Well-Being, Healing, and Resilience

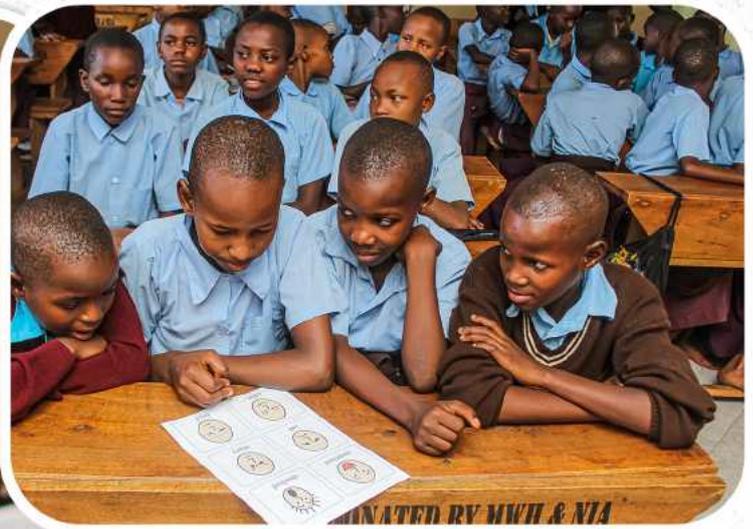
# Executive Summary

- ▶ Year of growth, impact, and deeper community engagement
- ▶ Expanded counseling services across Tanzania
- ▶ Strengthened partnerships and outreach to underserved communities



# About Ester Therapy Center

- ▶ Community-centered mental health organization
- ▶ Focus on children, youth, women, and vulnerable communities
- ▶ Promotes emotional resilience and psychosocial well-being



# Vision

A mentally healthy society with dignity, resilience, and hope



# Mission

Accessible, ethical, culturally sensitive mental health services



# Programs & Activities

- ▶ Counseling and therapy for children and youth
- ▶ Youth mental health and life skills sessions
- ▶ Community outreach and awareness
- ▶ Partnerships with schools, libraries, and faith institutions



# Impact in 2025

- ▶ Reached hundreds of children and youth
- ▶ Improved emotional coping skills
- ▶ Increased community trust in mental health services



# Challenges

- ▶ Limited resources
- ▶ High demand for mental health services
- ▶ Mental health stigma



# Looking Ahead – 2026

- ▶ Expand rural services
- ▶ Develop child-friendly mental health resources
- ▶ Strengthen partnerships



# School Outreach Program Highlight

- ▶ Counseling Sessions at Manyire Primary School
- ▶ Location: Arusha DC | Period: April 2025
- ▶ Partner: Kipawa Dreams Initiative



# Key Observations

Emotional distress linked to family challenges

Academic pressure and exam stress

Behavioral and peer relationship challenges

Gender-specific issues among girls



# Program Objectives

Enhance emotional regulation and resilience

Promote positive peer relationships

Build self-esteem and confidence

Provide a safe space for expression

# Session Breakdown

Emotional Awareness

Peer Pressure & Healthy Friendships

Self-Esteem & Confidence

Academic Motivation

# Expected Outcomes

Increased participation and openness

Improved peer decision-making

Positive behavioral changes noted by teachers

# Recommendations

Regular follow-up sessions

Individual counseling support

Teacher and peer counselor training

Parent engagement and life-skills education

# Conclusion & Appreciation

School-based counseling is vital for child development

Thank you to partners, volunteers, donors, and communities

