



# Hands of Care and Hope

## Rehabilitation for At-Risk Children and Youths

— Nairobi, Kenya —



But Jesus said, “Let the little children come to me, and do not stop them;  
for it is to such as these that the kingdom of heaven belongs.”

MATTHEW 19:14



## **We are a Catholic ministry**

that mobilizes the global Catholic Church to transform the poor and their communities materially and spiritually for the glory of Jesus Christ.

Rather than create new institutions to distribute aid, we support existing ministries and churches already serving the poor. In addition to being the most cost-effective way of helping the poor, empowering these ministries allows us to support the Church's spiritual mission and its important position of leadership in poor communities.

We consider every gift we receive as a precious resource from God. We direct every donation to its intended project, provide honest and accurate reports to our donors, and keep overhead costs to an industry low. We handle funds with utmost integrity and hold our ministry partners in the field to the same high standards by asking them to document costs and the impact of their outreach.

We invite you to join with us as we seek to transform the lives of the poor materially and spiritually — ways that please the Father and glorify him in Heaven and on earth.



# Project Synopsis

## Description

This project will provide operational support for a rehabilitation program that provides life-changing education, vocational training, counseling and spiritual support for at-risk youth and their families.

## Purpose

To rescue street children and other vulnerable youths out of desperate situations and set them on the path to new life in Christ.

## Our Partner

The Franciscan Missionary Sisters of Africa.

## Location

Huruma slum, which lies immediately northeast of Nairobi, Kenya.

## Cost

**\$60,000** will cover the salaries of one school teacher, two social workers one adult education instructor, one catechist for religious formation, and one counselor. It will also fund workshops and seminars for the students, teaching them life skills and behavioral change. In addition, scholarships to vocational schools will be provided as well as religious books for those going through formation and bibles for those who have been baptized.

## Highlights

- In Nairobi's Huruma slum, vulnerable children grow up in dysfunction and desperate poverty. Many boys and girls roam the dangerous city streets and scavenge through the sprawling dump for anything of value. These defenseless youths are vulnerable to exploitation and often fall into patterns of crime, addiction and prostitution.
- Founded in 1996 by the Franciscan Missionary Sisters of Africa, Hands of Care and Hope is fighting for the future of these young people. Its primary and secondary schools provide a life-changing formal education, while seminars and workshops help to change harmful behaviors.
- Once they have completed the behavioral workshops, out-of-school youths will be enrolled in one of the local vocational programs. They are required to secure scholarships for this first but the training will equip them to find gainful employment in culinary arts, cosmetology, plumbing, mechanics, tailoring or patient care.
- Hands of Care and Hope will also work with its students' parents and guardians. By providing parenting classes and supporting income-generating activities, the program will address both physical and spiritual issues, bringing authentic transformation to dysfunctional home environments.
- Beneficiaries will invest in their education by contributing 10% of their school fees. If the family cannot afford that much, they will contribute by engaging in community service projects. Parents are expected to pay 3,000 to 5,000 Kenyan shillings (about \$30 to \$50) for school maintenance each year.





*Poor children and their families scavenge in the dump for anything to eat, use or sell.*

## The Need

Tragically, hundreds of children in the heart of Nairobi's Huruma slum are growing up without hope — in many cases, because they have lost one or both parents to HIV/AIDS. The terrible disease claims about 25,000 lives in Kenya each year, and its impact on children is heartbreaking. Those boys and girls grow up in impoverished single-parent households or are sent to live with relatives — often elderly grandparents — who have no formal source of income.

In many of those cases, the families involved are crowded into one-room tin homes with dirt floors that turn to mud when it rains, and the children are left to play near open sewers or scavenge in the dump for discarded food and other items of value to use or sell.

“How on earth can a family possibly live in these kinds of conditions?” asks Sister Miriam Duggan, a Franciscan Missionary Sister of Africa who works in the slum. “It’s hard to imagine anything more degrading and more depressing — and yet, millions do. ‘How do they end up here?’ I used to ask. Then I went into the rural areas where so many of them come from and saw the extreme poverty there — the malnutrition, the lack of opportunity for education, for any kind of advancement. I began to appreciate the desperation that drives such people to come to places like this.”

Yes — impoverished families come to the city in search of a better life, but most find the opposite. Their lives in the city are plagued by disease, grief and family dysfunction, and the broken homes can perpetuate a desperate cycle of addiction and abuse. Eventually, defenseless young people can end up on the streets, where, eager to find acceptance, they become vulnerable to exploitation and bad influences.

What began as a search for a better life can end up taking families and children into a world of crime, drug use and prostitution.

Local Catholic leaders want to intervene on behalf of these young people. They want to break the slum's pattern of hopelessness and addiction so that it does not repeat for generations to come. Sr. Miriam and her staff at Hands of Care and Hope have a plan to help, and your support will empower this important mission.



## Ministry Description

Sr. Miriam has worked in Africa for 50 years. Now in her 80s, she shows no signs of slowing down, and these days, her focus is on the poor in Huruma slum.

A medical doctor by education, Sr. Miriam leads with a sound mind and a soft heart, constantly seeking the Holy Spirit's guidance and striving to address her community's deepest needs. Under her leadership, Hands of Care and Hope is working to transform young lives through:

**EDUCATION.** There are few quality schools available to the children who live in Huruma slum, and even if they are able to reach one, their families cannot afford the enrollment fees, uniforms, books and school supplies. In response to this need, Hands of Care and Hope operates two primary schools and a secondary school. It also provides scholarships to various vocational schools. By supporting this program, you can help children receive a life-changing Catholic education, grow in confidence, and unlock a wealth of opportunities for the future. They only need an opportunity to see what they can achieve!

**COUNSELING.** With help from professional social workers and guidance counselors, suffering young people can break free from addiction, cope with the pain of their past, and develop healthy habits for living. Out-of-school youth and young adults undergo an 8- to 10-week course in life skills and behavioral change. Partnered with regular prayer and consistent spiritual support, these courses can affirm each person's self-worth and help them to move forward as contributing members of society.

**FAMILY SUPPORT.** Through Hands of Care and Hope, social workers strive to build relationships with student families, making home visits and encouraging their involvement with the children's progress. Your support will facilitate parenting classes, which help to correct harmful mindsets and break patterns of dysfunction. In special cases, the program will also provide seed money for small business ventures to help families establish sustainable sources of income.

With a powerful combination of education, counseling, spiritual formation and family support, Hands of Care and Hope can deliver young men and women out of chronic poverty and help them to lead thriving lives — **but they cannot do it without your help!**



*Sr. Miriam visits children in Huruma slum, accompanied by Cross Catholic Outreach president, Jim Cavnar.*



## Help Now!

Jesus came to save the lost. Throughout his time on earth, he consistently sought out those who were heartbroken and overlooked by the world. In Huruma slum, Sr. Miriam and her staff are following his example — searching the slums for those who desperately need God’s love. They go to children in the streets, meet them in their trials, and extend a hand of mercy.

***Today, they are asking you to join them on this critical mission.***

Many people might hear about the hurting youths of Huruma and throw their hands up, convinced the problem is too big or that nothing can be done. That is not true. *When we serve, as Christ has called us to do, we can produce miraculous change. We can transform lives and restore hope!*

Today you can reach out to Kenya’s lost and lonely young people. You can bless Sr. Miriam’s ministry and let the desperately poor know Jesus loves them. Your support will reassure them there is hope for their future. It will help provide the opportunities they need in order to escape the oppressive cycle of poverty that has afflicted their families.

Through your gift, these precious young people will finally find freedom from the vices of the slum and open a door to a brighter future. Step forward with your generous support today, and you will change their lives!

**“Whoever welcomes one such child in my name welcomes me,  
and whoever welcomes me welcomes not me but the one who sent me.”**

MARK 9:37

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### Our Promise to You!

Donations from this campaign will be used to cover any expenditures for this project incurred through June 30, 2023, the close of our ministry’s fiscal year. In the event that more funds are raised than needed to fully fund the project, the excess funds, if any, will be used to meet the most urgent needs of the ministry.

2700 N. Military Trail • Suite 300 • PO Box 273908 • Boca Raton, Florida 33427-3908  
**800-914-2420 • CrossCatholic.org**

@CrossCatholic @CrossCatholic @CrossCatholic /CrossCatholic Blog.CrossCatholic.org

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