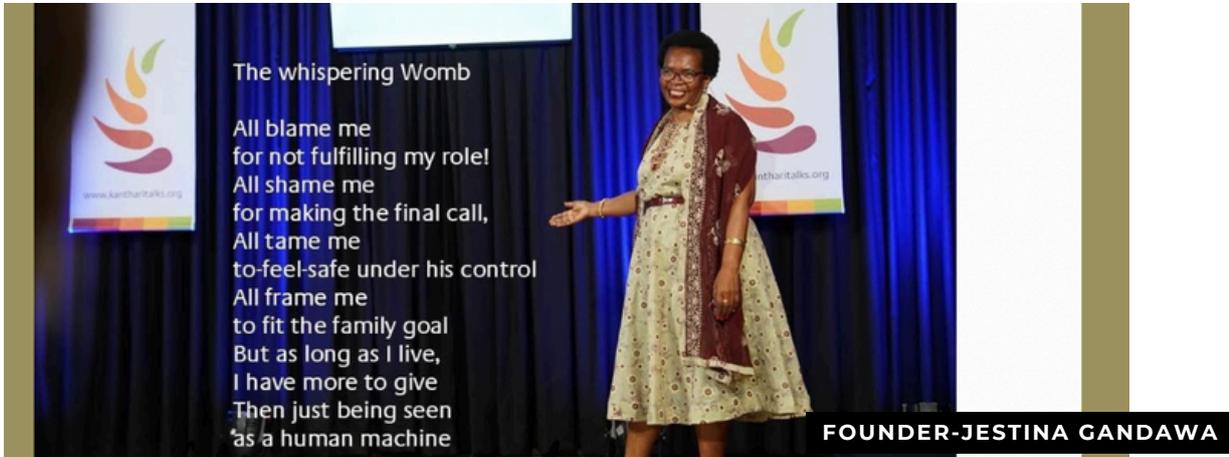


Quarterly Newsletter



30 June 2025



FOUNDER-JESTINA GANDAWA

Here's what has happened in the last month and what's to come!

Welcome to the latest edition of the Mufaro Foundation Newsletter! 🌸

This past quarter has been a season of courage, healing, and community. From our first-ever infertility educational workshop in April, to shining a light on mental health in May, and closing Infertility Awareness Month in June with powerful stories of hope — we continue to witness the strength and resilience of women navigating infertility.

We are also thrilled to celebrate a major milestone for our founder and captain of the Mufaro ship, Jestina Gandawa. She successfully completed her training at the Kanthari Institute and graduated in May, bringing invaluable knowledge and leadership to Mufaro Foundation. This achievement strengthens our mission to empower women and highlights our commitment to creating lasting social impact.

We extend our heartfelt gratitude to Kanthari Institute, our partners, donors, and volunteers whose unwavering support makes this work possible. Together, we are building a safe and supportive community where no woman has to face infertility alone.

As we look ahead, we're excited to continue breaking the silence, hosting more support group meetups, and launching new initiatives that empower women to embrace their journeys with confidence and hope.

Thank you for being part of the Mufaro Foundation family. Let's continue creating change, one story at a time.

Mufaro Team 

In this newsletter you can expect:

- Educational Workshops
- Mental Health Awareness Month Highlights
- Support Groups Update
- Achievements & What to expect



Our First Ever Infertility Educational Meet -Up

In April ,we made history by hosting our first-ever infertility educational workshop, attended by incredible women who bravely shared their journeys. Together, we confronted stigma and created space for healing.

We were honored to be joined by Dr. Abigail Magwenzi, who highlighted the critical link between infertility and mental health. She encouraged women to look beyond societal expectations and to pursue their life's true purpose with courage and self-acceptance.

Our founder, Jestina Gandawa, shared her courageous 43-year journey with infertility, reminding every woman that they are not alone in this journey.

The workshop touched on the physical, emotional, and psychological aspects of infertility — emphasizing the need for **holistic support and care**.

The brave women who attended left empowered, knowing that together, we are building a supportive community where every story matters and every woman feels valued.



Event News



Infertility Matters: Lets talk

Join our empowering infertility support meetup let's break the silence around infertility, share your journey, and learn from medical experts, mental health professionals. Lets Connect with others who understand and let's create a supportive community that fosters healing, education, and hope.

Date
21 June 2025

Start At
11.00AM-1pm

Location
Casino Marina ,Longcheng Plaza

Registration : \$10usa

Our Contact
+263 779 212 421

Our Website
Mufaro.org



May – Mental Health Awareness Month & Mother’s Day Tribute



In May, the Foundation observed Mental Health Awareness Month, focusing on the often-unspoken struggles of women navigating infertility.

Infertility can bring deep emotional pain — feelings of inadequacy, guilt, anxiety, and isolation. Many women suffer silently due to societal pressures, stigma, and judgment. Questions like “When will you have a baby?” or dismissive comments such as “Hazvisati zvaita” (“you don’t have a baby yet”) cut deep, leaving scars of shame and loneliness.

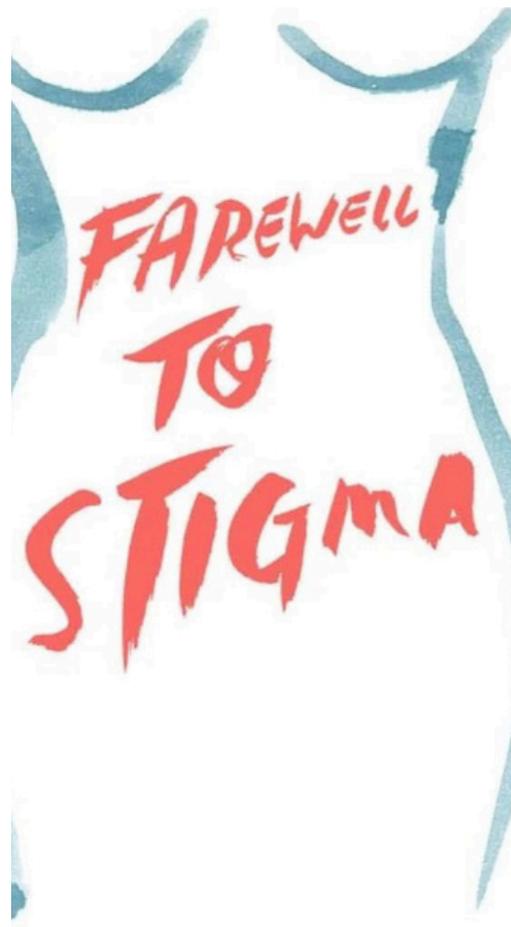
At Mufaro Foundation, we are committed to breaking this silence. Through online conversations, counseling, and support groups, we reminded women that their worth is not defined by motherhood. Every story matters, and every woman deserves compassion, dignity, and support.

🌸 Honoring Women on Mother’s Day

Mother’s Day can be especially painful for women living with infertility. This year, we reached out with a heartfelt message:

“To the incredible ladies navigating the complexities of infertility, we see you, we hear you, and we are here for you. On this Mother’s Day, we acknowledge the unique challenges you face and the strength it takes to persevere. Your journey is valid, and your worth is not defined by motherhood. You are loved, you are valued, and you are not alone. Hugs to all of you from Mufaro Foundation 🤍👩”

By honoring women’s resilience and courage, we continue to rewrite the narrative around infertility, affirming that every woman is worthy of love and respect.



A Few Notes To Remember

- We have had a few issues with our emails, so please call us on our contact number if you need to get in contact with us sooner rather than later.
- For the food drive, please ensure you bring food that will not go off or food that does not need to be refrigerated.
- We have had a few issues with our emails, so please call us on our contact number if you need to get in contact with us sooner rather than later.
- Remember we are made up of mostly volunteers so please be kind!



June – Infertility Awareness Month Meet-Up

June marked a powerful close to Infertility Awareness Month with a vibrant community gathering.

We were blessed to hear from Bernadette Chikoko, who courageously shared her experience of navigating infertility and stigma. Her story was a beacon of hope, reminding us that acceptance and resilience are possible even in the face of great challenges.

We also welcomed Songrapher Brownie Mhlanga, who provided invaluable medical insights, helping women understand that infertility is a complex issue influenced by many factors — and never a personal fault.

The highlight of the gathering was once again our founder Jestina Gandawa's testimony, whose 43-year journey continues to inspire women to turn their pain into purpose.

This event reminded us that storytelling, community, and knowledge are powerful tools in dismantling stigma and fostering healing.



Breaking The Silence:Our Commitment



"NAVIGATING INFERTILITY OR NEED COUNSELING SUPPORT?"

REACH OUT TO MUFARO FOUNDATION, A NON-PROFIT ORGANIZATION DEDICATED TO SUPPORTING AND EMPOWERING WOMEN LIVING WITH INFERTILITY. OUR COMPREHENSIVE PROGRAMS AND SERVICES PRIORITIZE YOUR PHYSICAL, EMOTIONAL, AND SOCIAL WELL-BEING.

GET IN TOUCH WITH US FOR:

- COUNSELING AND EMOTIONAL SUPPORT
- RESOURCES AND GUIDANCE ON NAVIGATING INFERTILITY
- COMMUNITY CONNECTION AND UNDERSTANDING

CONTACT US TODAY TO LEARN MORE ABOUT OUR PROGRAMS AND SERVICES AND HOW WE CAN SUPPORT YOU ON YOUR JOURNEY.

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Looking Ahead

As we reflect on the second quarter of 2025, we are filled with gratitude for the women who boldly shared their stories and the supporters who walked alongside us. Together, we are building a movement of healing, empowerment, and transformation.

Let us continue to break the silence, shatter the stigma, and uplift women navigating infertility. The journey is not easy, but with love, support, and community, we believe every woman can live a fulfilled life.

Thank you for being part of the Mufaro Foundation family. 🌸

Thank You