

Quarterly Newsletter



31 March 2026



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

As we stepped into a new year, Mufaro Foundation began 2026 with purpose continuing to break the silence around infertility while strengthening community impact.

Through our January and February gatherings, we created safe spaces for healing, learning, and connection, and in March, expanded our reach through a collaborative Boy Child Campaign.

As we move forward, we remain committed to growing our impact and bringing to life the vision of the Mufaro Centre a future hub for support, counselling, and empowerment.

Thank you to our partners, donors, and community for walking this journey with us. Together, we are restoring hope and building a future filled with possibilities.

Mufaro Team

In this newsletter you can expect:

- January Meet-Up
- February Women's Empowerment Gathering
- Child Equality Campaign
- Looking Ahead

•Mufaro Centre



Hope and New Beginnings Meet Up

On 31 January 2026, Mufaro Foundation hosted its first meet-up of the year under the theme Hope and New Beginnings, with 11 members in attendance. The gathering created a safe and spiritually uplifting space where women shared infertility journeys through My Story, Your Story. Opening prayer was led by Precious Nyamadenga, followed by welcome remarks from Nthokozo Gudu, who emphasized participation, consistency, and support systems. Mrs Chikoore shared her infertility journey, encouraging faith, prayer, and resilience while reminding women to remain hopeful as SHEROES. Founder Pastor Jestina Gandawa delivered a message based on Genesis 29:31, Hannah and Peninah, and Isaiah 54, emphasizing God's awareness, purpose, patience, and spiritual growth in waiting seasons.

Q&A session followed, strengthening unity, openness, and shared encouragement among members. Members reflected on 2025 and proposed skills development initiatives including baking, grooming, crafts, and small business training. Plans for the upcoming 28 February meet-up were presented, encouraging members to bring a sister and noting a low-budget Valentine gathering. The meeting ended with fellowship, photography, cake shared by Charlene, and a vote of thanks and closing prayer led by Patience Murahwa. Mufaro remains committed to hope and healing together.



February Women's Empowerment Gathering: Self-Love, Compassion & Fertility Awareness

On 28 February 2026, Mufaro Foundation hosted a Women's Empowerment Gathering at Bhello City Foods under the theme Self-Love, Compassion & Fertility Awareness, with 20 women in attendance. The session created an intimate, supportive space focused on emotional healing, identity, and reproductive health education. Many attendees came alongside friends and sisters, strengthening the spirit of unity and shared support within the community.

The first session, led by Dr Abigail Mangwenzi, focused on self-love and emotional resilience. She encouraged women not to be defined by their struggles, reminding them that challenges do not diminish identity or worth. She emphasized the importance of practicing self-love, setting emotional boundaries, acknowledging feelings, and seeking support during difficult seasons. Her message reinforced confidence, healing, and inner strength.

The second session, facilitated by Mrs Ethrine Mhlanga, focused on fertility awareness and pathways to parenthood. She explained fertility testing, IVF processes, and surrogacy in simple, accessible terms. She also encouraged early medical consultation and open conversations about reproductive health while breaking stigma that often surrounds infertility, reminding women that it is a medical condition, not a personal failure.

The gathering was highly interactive, with open dialogue, questions, and shared experiences. Women left feeling informed, empowered, and supported. The event strengthened knowledge, reduced stigma, and reinforced Mufaro Foundation's mission of healing, education, and sisterhood.

A Few Notes To Remember



- Breaking Stigma Together – The words we use matter. Please uplift, encourage, and stand in solidarity as we continue to challenge myths and silence around infertility.
 - Kindness First – Mufaro is powered mostly by volunteers. Let's continue to create an atmosphere of patience, kindness, and support for one another.
 - Come As You Are – Whether at a meetup, Zumba session, or counselling space, you are welcome to share as much or as little of your journey as you feel comfortable. Every voice matters.
 - Stay Connected – For urgent matters, please reach us via WhatsApp: +263 779 212 421 or by phone, as emails may sometimes delay.
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Children’s Equality & Boy Child Campaign – Mt Hampden Outreach

In collaboration with Makomborero, Soleil Levant Foundation, and HER Foundation, Mufaro Foundation took part in a powerful Children’s Equality and Boy Child Campaign held in Mt Hampden. The outreach brought together partners with a shared vision of strengthening both the girl child and boy child, promoting equality, protection, and holistic child development within communities.

The campaign focused on addressing the unique challenges faced by the boy child, including emotional neglect, lack of mentorship, identity struggles, and limited safe spaces for expression. Through open dialogue and interactive engagement, boys were encouraged to speak freely, understand their emotions, and embrace positive values that shape responsible manhood.

The session also emphasized the importance of balanced development, reminding communities that empowering the boy child does not compete with the empowerment of the girl child, but rather complements it in building stronger families and societies.

Partners facilitated discussions on character building, discipline, education, and emotional wellbeing, while also encouraging mentorship and community involvement in raising children.

The outreach created a meaningful platform for awareness, healing, and education, reinforcing the collective commitment of all partnering organizations to nurture a generation of emotionally healthy, responsible, and empowered young people.

MUFARO CENTRE IN PICTURES



At Mufaro we are committed at creating a safe and empowering space for women and vulnerable community members. Our new centre is designed to host counseling sessions, vocational training, support groups, and community activities that uplift lives.

However, the building is not yet complete. Key areas, including roofing and plastering of the main hall and offices, remain unfinished, limiting our ability to fully serve the community. Completing this safe space is crucial for providing a secure environment where people can gather, learn, and heal.

We are seeking support from generous individuals, organizations, and partners who believe in empowering communities. Your contribution, no matter the size, will bring us closer to opening the doors of this much-needed centre and changing lives for the better.

Together, we can ensure that Mufaro Foundation becomes a beacon of hope and opportunity.

Looking Ahead

As Mufaro Foundation moves forward, we remain committed to deepening our impact through consistent community engagement, healing spaces, and empowerment programs that speak to the real needs of women and families.

Building on the momentum of our January and February gatherings, we look ahead with renewed purpose to strengthen both emotional support and practical empowerment within our community.

In the coming months, we aim to expand our programs beyond dialogue into skills development and capacity building, equipping women with practical tools such as entrepreneurship skills, creative crafts, and income-generating activities. These initiatives will continue to complement our core mission of healing, education, and restoration.

We also look forward to strengthening partnerships and collaborations that allow us to reach more communities, especially young people, through campaigns that promote equality, dignity, and wellbeing for both the girl child and boy child.

At the heart of everything, we remain anchored in creating safe, faith-filled, and supportive spaces where stories are shared, hope is restored, and lives are transformed.

Together, we continue to grow, serve, and build a stronger Mufaro community rooted in compassion, purpose, and hope.

Thank you for reading