



building pro-social communities



introduction

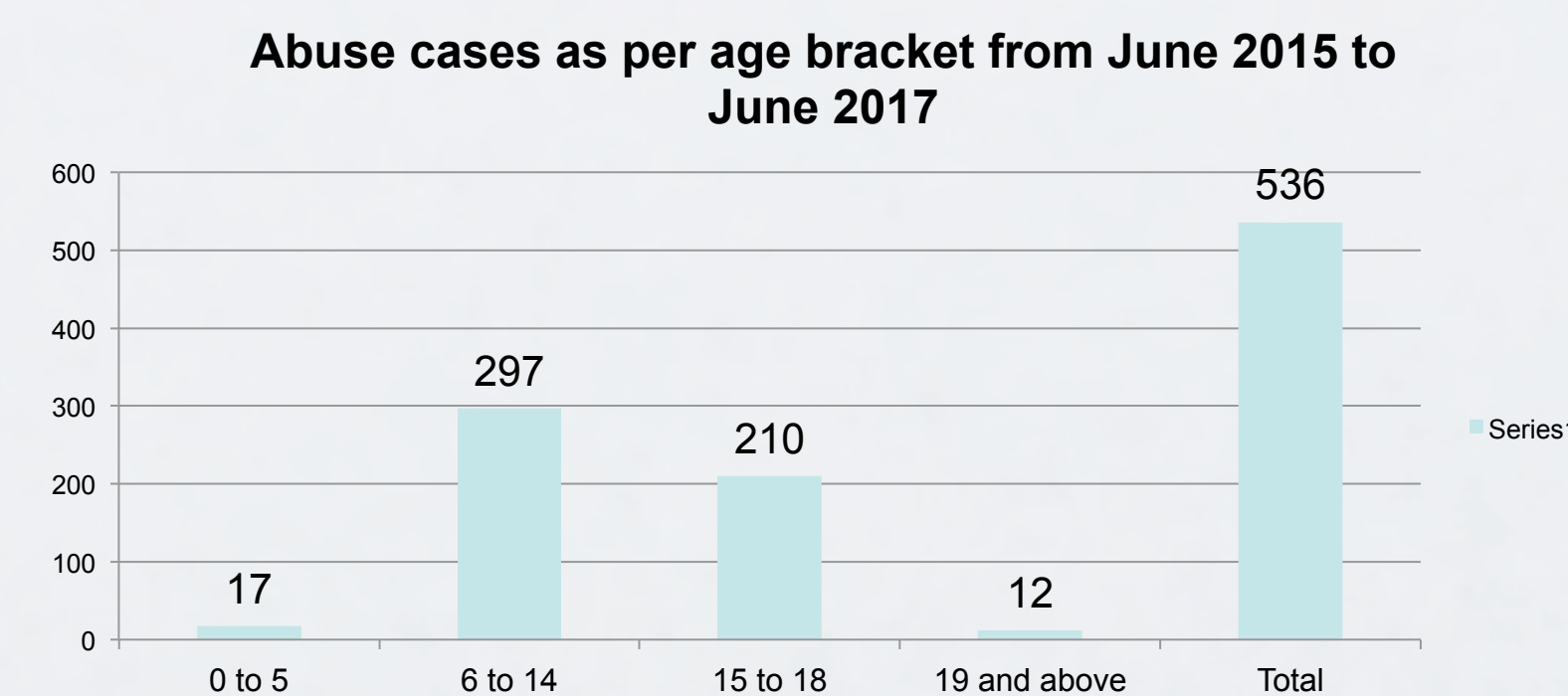
Sierra Leone is a land of powerful mixtures. scarred by a history of deprivation and conflict, the people value peace and resilience, living in a land of majestic mountains, lush greenery and many beautiful beaches.

it is now faced with many challenges, such as teenage pregnancy, exploitation, violence against girls, female genital mutilation, ebola and many socio-economic problems. our charity, **commit and act**, has supported people through many of these problems.

in our girls' shelter, we provide individual and group counseling session for victims, parents, and caregivers. helping to heal the bodies inside and out with prosocial behavior change, food for daily sustenance, dignity kits, educational opportunities, medical support, legal support, support the caregiver, recreational facilities and follow-up visitations. Fundraising is ongoing to build the C&A headquarter and girls' shelter.



this young client was abused by a herbalist who was her father's friend . she lived with both parents in the village until she had to move to bo for her secondary education. it was then her father handed her over to his friend the herbalist, who ended up abusing her till she was pregnant. she was referred at the commit and act girls' shelter where she spent 47 days. while at the shelter she benefited from counseling services and other services at the shelter. a foster parent was found for her while she was still supported by the organization. she delivered a bouncing baby boy. the client was to continue with her education, she is concerned about who will take care of her and her baby. the father of the baby and the father of the client are both imprisoned.



act & prosocial

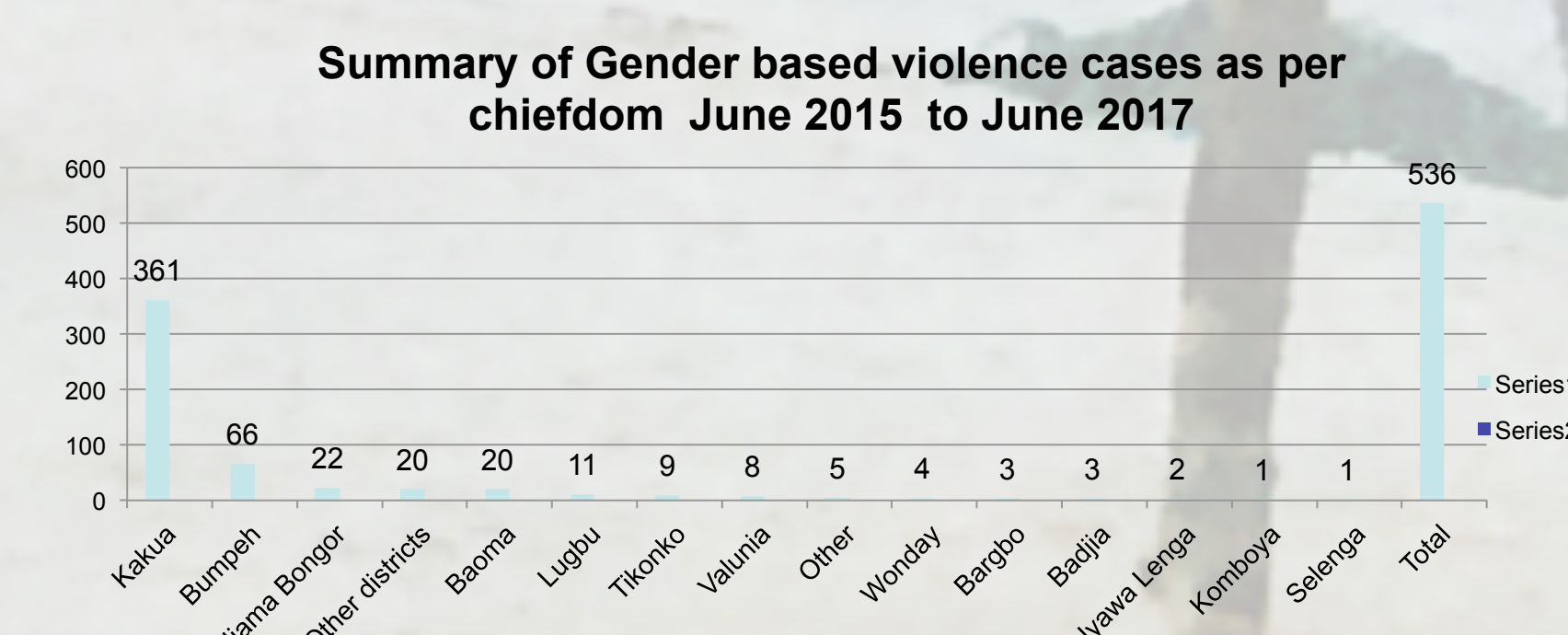
population we have trained in act: teachers, health worker, partners in development (ngos), interreligious council, the police, heads of primary and secondary schools.

act pro-social groups we have set up: kids against violence, antiviolence group, the women's group, men and women's group. we have plans to establish father support group, mother support group and pregnant women support group. these groups will help train other community members to reduce violence in the district and help people to live a better and sustainable lives.

commit and act centre practice prosocial and act in our meetings, trainings and workshops to change behavior. we have helped people to create rich, full and meaningful lives, whilst accepting that life inevitably brings pain. we use act mindfulness exercises to help handle painful thoughts and feelings, and the matrix to support them in taking valued directions to achieve the goals that really matter. in the recent fight against ebola, we trained teachers that have gone into the communities to help to break the chain of transmission of ebola in the Bo district with cultural-specific behavioral changes.



violence at the end of ebola in sierra leone, the country is currently challenged with cases of violence among women and girls. this has resulted to the death of women and girls, unwanted pregnancy, trauma, stis and hiv/aids, increase in teenage pregnancies and conflict among family members.



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