



In this report you can see A group of 70 single-mothers who get a goat they will be propagated in rotation chain by giving the new born kid to another single mother in Huye District. In order to strengthen the resilience of them. The beneficiary single-mothers are very appreciative for support they have received. They promise to manage what they have received well; a group of 87 handicaps including a relative who takes care of him or her in Muyanza Parish; a group of 43 women and men in Muhazi and group of women with men in Kisaro were 87 persons. From February to May we have trained **287 people**.

Through their testimonies, all people who has been trained recognize the impact of capacitar in their lives.

From June to November: different groups of **284 peoples** because we focus on healing trauma in general based on the difficult times that people have been through because of covid-19 which still has a negative impact on the lives of many including the new group of MBOGO parish led by Father KANANGA Leopard

LIST OF GROUPS ON FIELD

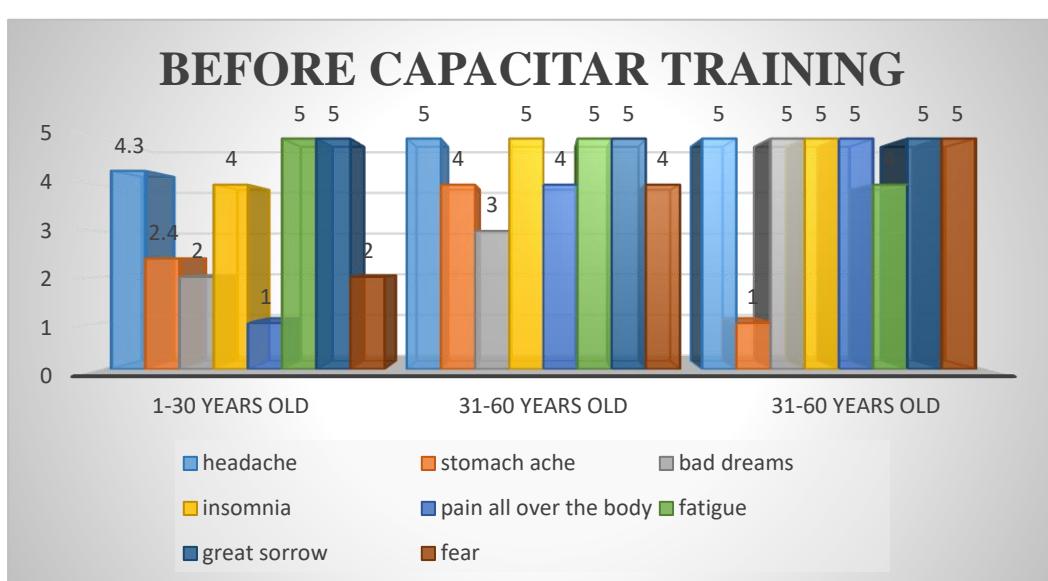
MUYANZA 16 2022 (single-mothers supervision with Sister Regina from GERMANY of 71 peoples)

MBOGO 16 6 2022 (new group of 34 peoples)

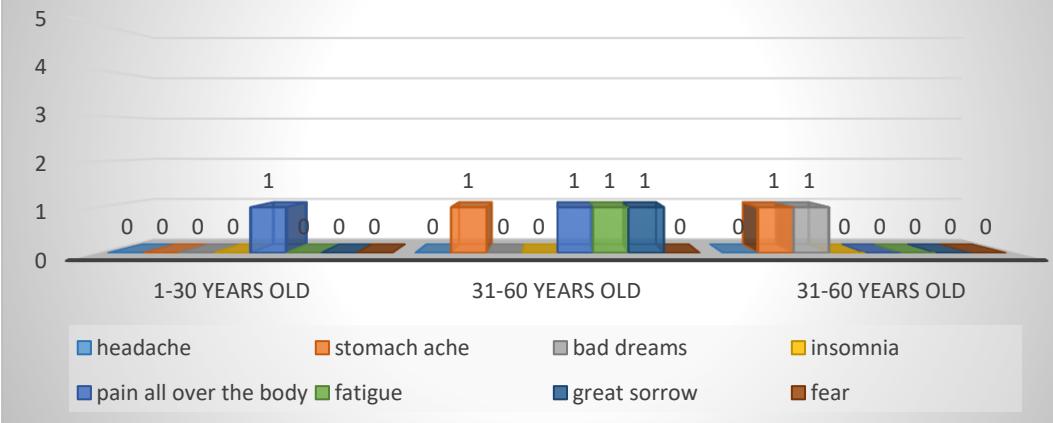
BUREHE 6 7 2022 (primary school of BUREHE 50 students)

RULINDO KINZUZI 13 09 2022 (new group 34 peoples)

MBOGO 17 10 2022 (new group 95 peoples)



AFTER CAPACITAR TRAINING



HANDICAP MUYANZA IN RULINDO DISTRICTAS NEW GROUP

These are the principal situation:

1. *Trivial disabilities are often sources of intense conflict.*

As a result of injury, they may occur an increased sensitivity toward and interest in the body. Such an interest may find expression in discovering and magnifying bodily defects which all individuals may be presumed to have. Owing to the increased sensitivity, certain trivial disabilities acquire a degree of importance which may be totally unrealistic but which often serve as means for the handicapped individual to work out personal and social problems to which the trivial disabilities are actually unrelated.

2. *The disabled individual is inclined to experience more loneliness, morose mood, self-conscious attitude, sensitive perception, and suspicious of people's opinions*

Despite all his (her) effort in portraying himself (herself) as non-disabled member of the community, the non-disabled still keeps the stigma and bias against disabled persons that are so common. This inability to see the world through the spectrum of disabled people makes the efforts vain and puts more pressure on the disabled. In addition to this, the fact that the disabled people are unable to fully participate empathically in the larger social environment and may also contribute in his or her sensitivity, sense of non-belonging, and suspicion of others' motives and opinions.

CAPACITAR GROUP AT THE SAINT VINCENT YOUTH CENTER 2022

The girl-mothers testify that the following exercises are the most familiar and beneficial to their lives and the lives of their children:

- Body movements to release and balance energy.
- TAI CHI exercises
- PAL DAN GUM exercises
- Finger holding to manage emotions

Delighted, the beneficiary mothers appreciate the support they have received in small livestock. They also appreciate the benefits of the exercises. They also promise to manage what they have received well. Through the testimonies they give, they show how often the Capacitar practices have helped them, their children and their families in general. They will continue to practice them regularly.

SOME TESTIMONIES

1. Before coming to Capacitar, I had kidney disease, I used to go to diuresis three times a week for four hours.

In those days I couldn't walk even five meters I immediately felt tired, my blood pressure was always **TA 195/90; 180/75; 200/95**.

After reaching in Capacitar I have trained with others every day after 6 months my blood pressure dropped to **130/70** as a healthy person.

The Capacitar really helped me a lot, because now things I used to feel on my knees, back and in my body were gone. Now I feel better as a living person.

I now urge all others who have similar problems to practice Capacitar training
Thank you Capacitar for thinking and helping us, may God bless you.

2. Before I came to Capacitar I didn't know that I had a high blood pressure, one day I went to a health center, where I was rushed to a hospital by ambulance.

When I got there they told me that my high blood pressure could kill me, they advised me to drink water and food without salt and I tried.

Later the neighbors came to tell me that there was CAPACITAR training and that it would help me, I came and do CAPACITAR training every day.

Shortly I began to feel better, before reaching in Capacitar I spent two years without a shed to cultivate.

I also had a grandson, his father was in prison, and his mother was poor.

The grandson also fell ill with a disability he is handicap, and the CAPACITAR teacher used to come and help him in the CAPACITAR practice.

Then we took him to the hospital, when we arrived there my blood pressure had risen, the doctors told me that I was going to be treated too, I denied their decision and told them I had no money.

They told that their decision is clear?

I also told them that there was a CAPACITAR exercise I used to train to help me lower my blood pressure and I will work on lowering my blood pressure. They denied it and

we debate it, after they asked me to show them the CAPACITAR exercise and I did it. So they write down my names and when tomorrow I will have a test. I start doing CAPACITAR exercises every day and people start laughing at me. The next day at 3 o'clock I went for a test and found that my blood pressure had dropped from **200 to 170**. They told me it was good but I should try harder, and I continued.

After few days I came out of the hospital with 130/70 of blood pressure, and then I went back to the hospital and they tested me and found that I had **120/60**. Thank you to CAPACITAR and the CAPACITAR members for their help.

3. I am someone who lives with disabilities (my arms).

Before I joined the CAPACITAR I was lonely and depressed and I could not walk far, I was always wearing coats for hiding my disability, at school other students used to laugh at me.

After arriving at CAPACITAR I met others children with disabilities and immediately enjoyed being with them, they taught me CAPACITAR training which is very helpful for me because now I am left with no coats on, I can go for a long walk without pain in my legs, now I am happy with who I am.

Thank you CAPACITAR for caring for us and reassuring us that we are human like everyone else,

God bless you

4. Françoise

In Muyanza

My name is Françoise, I grew up as a loving child, and I like to help people who have problems either at school or at home. But after I finished school, I got pregnant suddenly at the age of 18, which made me hate the person who got me pregnant and the child I was pregnant, so I tried to abort her several times until 4 months but God forbid, it didn't happen.

I was always depressed and crying because I thought that if it became known that I was pregnant, it would not look good in the family because the parents hated the girl who gave birth at home and none of my friends would talk to me again.

The child was born without clothes to wear and I had nothing to give him, I just wanted to leave him at the hospital and go to Kigali. Only five months pregnant started to show and I chose to stay at home and cry in bed. When the time came to give birth, my parents knew that I had another disease, and then the doctor told them that I was pregnant, and they insulted me and told me that I was crazy. I was alone because there was no other way but I was wrong; I lived that way for a long time and I was cursed.

After two months I came to know that in Muyanza there is a group of single-mothers, appointed by CAPACITAR.

They teach us the CAPACITAR exercises were helpful to me such as (Pal Dan Gum, Hand Holding, deep Breathing, EFT) they help us to feel that we are human kind again,

after the parents see that the child is cared for, they start to love him and I love my child very much.

Later they came and gave us a goat and I started working as a hair dresser, now I am living well and I have progressed with a child who has started school, I'm no longer traumatize

CAPACITAR Rwanda, thank you very much. May God always give you the strength to do more about this.

5. I'm Alphonsine

I was the third girl give birth at home when I was 15 years old because we grew up without a mother, we were raised by my father and he had married another woman.

We lived in the house that my father had given us, but we did not have a field to cultivate and we were always dealing with young men who cheated on us for food and when we lost them, we slept without eating.

I didn't have any problems with my child? Because I lived with my elders' sisters and they had children too and knowing that this is what supports us. As soon as I gave birth, my father kicked us out so that we would not have other children in that house again. We spent a month living in the wild because he said there was no room for three women.

After the rain stopped, we separated, each of us went separately. Later, we found a house where we lived for almost a year. I didn't find where I can find job and they used to say we are prostitutes and witches. Those who deceived us did not look at us the same again.

When I gave the baby the breast, I used to get angry, I would immediately tie his legs and he cries after he fall asleep until he did not take the breast again.

Later, I went to CAPACITAR and they taught me to feel that I am valuable, and CAPACITAR exercises include what I often call pushing and receiving of TAI-CHI, Sun salutation and deep breathing. They helped me to love my child and gave us a goat, now I'm living well without trauma.

We thank CAPACITAR Rwanda

6. My name is Solange

I gave birth when I was 18 years old

I tried to hide my pregnancy, because the one who got me pregnant told me that we will get abortion when it is grows up, and I believe him and keep saying that I am sick and I feel cold, I always wear clothes.

And I always went to the sugarcane fields that we had planted and it was hard because of the wind and I always stayed there in order to hide my pregnancy,

The day we had planned with the guy for the abortion when arrived, I lost that guy, so I started having many problems in my mind wondering how the baby will be born, I had tears I don't know how it will come, then I found myself on the bed about to give birth. So, the problems in the family started, they insulted me and treated me badly.

After I went to CAPACITAR, I met many people with the same problems and felt that I was coming back to life. They talked to us and taught us to avoid self-deception and to take care of ourselves and to feel that we are still human. They also taught us CAPACITAR exercises, but I was helped by the one to control emotions with the hands (FINGER-HOLD, Breathing, and Labyrinth with the hands). EFT, Harmonization. I started to love my child now that I have baptized him and they gave me a goat that I can develop.

The parents got to the point where they started to love him because they saw that there was something for us. Since I was pregnant, I hid my pregnancy while working hard, the baby was born sick and fell on the road, the authorities ordered me to take "ongera", but now he is fine.

I thank CAPACITAR Rwanda for thinking of us.

I know how to deal with trauma and to manage my motion.

7. My name is Anathalie.

When I was studying in the 2nd year of high school, they asked us for the parents to attend the meeting, I told my classmate that he should be with me and her parents also should represent me, because we were studying in Ruhengeri which is far away from where we live in Muyanza. when I went to their house and stayed there, at night their son came to the room and lay next to me, when it was about to dawn, I felt him holding me and I agreed.

So, after three months, the students and administrators who had seen the pregnancy told my parents, and they immediately kicked me out, those days I was 17 years old.

I attempted suicide, I tried abortion but didn't happen, when I was thinking of someone who got me pregnant tears flowed down and I felt sad.

Later, I tried to leave the baby to get a job but I didn't find it, I was always on the phone looking for a job.

One day I met the mother at the hospital where I went to vaccinate my baby and she told me about CAPACITAR. When I heard how it works, I came to the CAPACITAR group with joy and they teach us a lot, including reproduction and self-development and The CAPACITAR exercises that helped me, like massage, Sun Salutation, deep breathing, Tai-chi. Later they gave us a goat, and I borrowed money from the group to buy clothes for my child.

Now I am progressing and living well as I should, but I have not been able to finish my school education, the trauma is healed.

Thank you CAPACITAR for taking care of us thank you God bless you.

8. My name is Christine

It's said that luck comes once in a lifetime, but sometimes problem seems like it.

I graduated from high school and I met a guy and we fell in love and promised to live together. They knew him at home because he visited me often. Then he got me pregnant when I was 20 but we had not yet built a house

Then I want to have an abortion, I try the medicine of abortion, sometimes it even tried kill me up to seven months. When I told the guy that I was pregnant, he didn't even call me on the phone again, he went to Kigali and after I lost him.

My parents found out and told me that I should follow him and I really didn't know where he lives, I felt like I would kill myself, I just kept hoping that he will come back and live with me. I went to the hospital to give birth without seeing him or hearing his voice again and it made me feel like I was worthless and dying.

Then some girls came to tell me about the CAPACITAR group, which taught us how to take care of ourselves and our children, and the CAPACITAR practice, which helped me with deep breathing and calmness. Pal Dan Gum, EFT. I meet people who have similar problems, are equal, show me love and feel like a person again.

Now the parents love their grandson and I am very happy, living without trauma.

Thank you CAPACITAR God bless you.

9. I am Immaculée

I was cheated on by 2 guys when I was 16 years old and they told me that if you have sex and wash up later you can't get pregnant. Because we were poor, they used to give me small things to eat (fanta and donuts) and we continued to drag each other, which made me pregnant.

After I got pregnant, I was very sick, I was sick, I thought I was poisoned, so they always gave me poison medicine at home. Once we went to the doctor and they took a urine test and found out I was pregnant.

I felt like I was dead. I think about the life I'm going to live and I wonder, my family is in the first class of poverty, I wonder how I will raise a child.

I told those guys and they told me that they are not the only ones can get me pregnant, so I decided to run away and go to my aunt's house.

After she saw that I was pregnant, she kicked me out so that I wouldn't make it difficult for her, when I saw that I was going to die on the way, I called my older sister who worked and helped me until the baby was born, and then he brought me back to our house.

I faced problems because there was poverty and rejection and I was looking for food with a child, sometimes I lacked it and I didn't have the strength.

After I found out about CAPACITAR they gave me back my confidence and I did the labyrinth exercise with my hands which I loved. I'm obsessed with deep breathing exercises, Tai-Chi, Pal Dan Gum, Finger holds. Then I got up and felt that I was able to start farming, I went to the groups where they gave us a goat, I borrowed money from the group and clothed the baby.

Thank you CAPACITAR, may God be with you. I would advise the girls that they should calm down and understand because what happened to me is a tragedy that we would not wish on anyone.

Thank you.

THE SOURCE OF TRAUMA	CONSEQUENCES	EMOTIONS	CAPACITAR EXERCISES HELPED HER TO RECOVER	LIFE CHANGE (IMPACT/TRANSFORMATION.)
1. I got pregnant suddenly at the age of 18. after I finished school	<ul style="list-style-type: none"> -I hate my self -I hate the one who got pregnant. -I hate child I was pregnant -I tried to abort her several times until 4 months. -I just wanted to leave baby at the hospital. -they insulted me and told me that I am a curse. 	<ul style="list-style-type: none"> -Self-loathing and depression. -Crying in bed. -Isolation. -Extreme pain. -I was separated from my family. 	<ul style="list-style-type: none"> -Pal Dan Gum. -Fingerholds -EFT 	<ul style="list-style-type: none"> -I loved my child. -Parents love him too. -I learned to dye the hair. -I have a goat. -I live well. -The child starts to study. -I recovered from stress and trauma.
2. I was the third girl give birth at home. I got pregnant at the age of 16. grew up without a mother. we were poor and hungry. I was tricked by the boy who was giving us something to eat.	<ul style="list-style-type: none"> - My father sent us away. - They are called prostitutes and witches. - I hate my child and I start to tie his legs and he cries and then he fall asleep. - the child refused the breast(breastfeed) 	<ul style="list-style-type: none"> - The extreme hatred of the child I gave birth to. - Sadness. - Extreme pain. - Rejection Anger. - Child abuse. 	<ul style="list-style-type: none"> -Tai-Chi release and receive -Sun salutation. -Deep breathing. -Finger hold. 	<ul style="list-style-type: none"> -I love my child now. -I have a goat. -I live well. -I recovered from the trauma.
3. 3. I gave birth when I was 18. I tried to hide my pregnancy,I had plan of get abortion when it is grows up. I used to work hard for get abortion	<ul style="list-style-type: none"> -I always went to the sugarcane fields in order to hide my pregnancy. -Lying that I am sick. -Being lied to by the guy who got me pregnant. 	<ul style="list-style-type: none"> - shame of me. - Extreme fear. - Extreme pain. - Isolation. - me and my child were abandoned 	<ul style="list-style-type: none"> -Finger hold -Harmonisation -Deep Breathing -using labirynthe with thingers. 	<ul style="list-style-type: none"> -To love my child. -Baptism. -I have a goat. -Taking care of my child. -He is fine now.

	<ul style="list-style-type: none"> - Being abused by parents. - A child fell on the street because of hunger. 			<ul style="list-style-type: none"> - I recovered from the trauma.
<p>4. I was raped at the age of 17 by a boy I didn't know. and I dropped out of high school.</p>	<ul style="list-style-type: none"> - I tried to kill myself. - I tried Abortion. 	<ul style="list-style-type: none"> - Extreme pain. - I hate my self - suicide. - Deception. - Anger. - Isolation. 	<ul style="list-style-type: none"> - Massage. - Sun salutation - Deep breathing - Tai-chi release and receive - Pal Dan Gum 	<ul style="list-style-type: none"> - I loved the child and I love myself. - I buy clothes for my child. - I have improved and now I live well. - I recovered from the trauma.
<p>5. I met a guy and we fell in love and promised to live together Then he got me pregnant when I was 20 but we had not yet built a house</p>	<ul style="list-style-type: none"> -I try the medicine of abortion, sometimes it even tried kill me 	<ul style="list-style-type: none"> - Extreme pain. - Mistrust and self-loathing. - Suicidal ideation. - Feeling useless in the world 	<ul style="list-style-type: none"> - Deep breathing - Pal Dan Gum. - EFT 	<ul style="list-style-type: none"> - Love is back. - I am human. - Acceptance. - I accept my child

<p>6. I got pregnant when I was 16. The guys cheated on us with fanta, donuts etc. because we were poor. We are in the first class of the poor</p>	<ul style="list-style-type: none"> -I was like dead. -I escaped to Mutara even they also chased me away. -Hunger was killing me and my child. 	<ul style="list-style-type: none"> -Extreme fear. -Escape. -shame with grief. -Isolation. -Rejection. 	<ul style="list-style-type: none"> -fingerholds. -Tai-chi release and receive. -EFT (tap on 8 places to my body) I conclude by saying that even though I have this problem I am fine with it. - Harmonisation 	<ul style="list-style-type: none"> - I got up and went to work. I farm. - I went to a group. - I have a goat. - I take care of my child. - I still love people. - I recovered from trauma and stress.
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Group of women with men in Kisaro



Group of women and men in Muhazi



Group of handicaps including a relative who takes care of him or her in Muyanza Parish



Group of Single-mothers in Huye District

MUYANZA 16 2022 (SINGLE-MOTHERS SUPERVISION WITH SISTER REGINA FROM GERMANY)



MBOGO 16 6 2022 (NEW GROUP)



BUREHE 6 7 2022 (PRIMARY SCHOOL OF BUREHE)



RULINDO KINZUZI 13 09 2022 (new group)



MBOGO 17 10 2022 (new group)



