



From Hope to Healing

The Journey of RSCNI Since 2023



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A story of sister-led counselling, professional care, community outreach and shared hope across Uganda, Malawi and Zambia.



A Journey That Began with Hope

When the Religious Sisters Counsellors Network Initiative began in 2023, we carried a clear conviction: counselling should not remain hidden, distant or available only to a few. It should be brought closer to people. It should be offered with professionalism, compassion, confidentiality and respect for every person's dignity.

We started with a simple but urgent dream: to create a safe space where religious sisters, families, children, young people, institutions and vulnerable communities could speak, heal, grow and rediscover hope.

Today, as I look back from 2023 to where we are now, I see more than activities and numbers. I see faces. I see children learning confidence. I see families finding peace again. I see young people choosing better paths.

I see religious sisters strengthened for mission. I see communities beginning to understand that mental health is not a sign of weakness, but a path to wholeness.

"Together, we are writing a new chapter in which no one struggles alone and every person knows that healing and hope are within reach."

A Mission Born from Compassion

RSCNI grew out of the wider Sister to Sister vision: women religious serving as compassionate agents of change, formed by faith, professional knowledge and a deeper understanding of the human condition. From the beginning, our work was not only about counselling sessions. It was about changing the way people understand emotional pain, trauma, stress, grief, family conflict and the silent burdens that many carry.

In 2023, the first steps were humble but important. We engaged religious communities, diocesan groups, schools, institutions and community members. We introduced the purpose of the Counselling Hub, explained the value of counselling, and invited people to seek support before pain became unbearable. These early sensitizations helped break fear and opened doors for trust.

From a Hub to a Growing Movement

The Counselling Hub became more than a physical place. It became a sign that healing can be organized, professional and accessible. Individuals came with anxiety, depression, stress, addiction, grief, trauma, relationship struggles and family pain. Children and youth came with questions of identity, self-esteem, discipline, school pressure and emotional wounds. Religious sisters and leaders came seeking renewal, self-care and strength for mission.

With time, our work moved from one-on-one counselling to group therapy, workshops, seminars, school outreach, community sensitization, professional development and referral. We learned that healing grows faster when it is supported by a team. No counsellor should work alone. No client should walk alone.



Strengthening the network through convenings and shared learning.



Training and capacity building have placed counselling closer to communities.



Professional collaboration strengthens documentation, referral and quality service delivery.



Outreach to children and youth creates early pathways to confidence, resilience and healing.

Success in Numbers, Hope in People

The numbers tell part of the story. They help us see the reach of the work. Yet each number represents a person, a family, a school, a religious community, or a group that trusted us enough to begin a journey of healing.

From Sept 2025 to May 2026

6,702 Clients served	746 Counselling sessions	113 Sensitizations
17 Workshops	9 Average clients per session	17.4% Improved or closed cases

Regional reach: Uganda - 575 sessions | Zambia - 88 | Malawi - 83

Real Work on the Ground

- Individual and group counselling for religious institutes, families, institutions and children.
- Mental health education through seminars, workshops and conferences.
- Professional development for sister counsellors through continuous learning, supervision and peer support.
- Group therapy, psychosocial support and referral for people facing complex needs.
- Community outreach to schools, youth, refugees, elderly persons and vulnerable groups.



Play therapy and counselling materials support safe expression, especially for children.

Across Borders: Uganda, Malawi and Zambia

The journey has expanded beyond one centre. Through the growth of counselling satellites and sister counsellor teams in Uganda, Malawi and Zambia, RSCNI is helping bring services closer to religious communities, young people, families and institutions. This regional movement is important because pain does not respect borders, and neither should hope.

In Malawi, counselling has become a space where young people, families and communities begin to speak about mental health with confidence. In Zambia, the satellite is serving students, families and the wider public through direct support and media-based awareness. In Uganda, the Hub continues to serve as a centre of coordination, training, direct counselling and outreach.



RSCNI continues to grow as a regional movement of healing, solidarity and professional support.

What We Have Learned

- Trust grows where confidentiality is protected. People open up when they feel safe and respected.
- Professionalism matters. Compassion must be supported by skills, supervision and ethical practice.
- Community outreach reduces stigma. When counselling is discussed openly, people stop hiding their pain.
- Teamwork multiplies impact. Sister counsellors, schools, faith leaders, health workers and families all have a role.
- Healing one person strengthens many others. A restored child, parent, sister, teacher or youth becomes a source of hope in the wider community.

A Word of Gratitude and a Call for Continued Support

We give sincere thanks to the Conrad N. Hilton Foundation for believing in this mission and for supporting the work that has made counselling, training, outreach and regional collaboration possible. Hilton support has helped turn a dream into a visible, trusted and growing service of hope.

The journey, however, is not finished. More children need safe spaces. More families need healing. More religious sisters need professional support and supervision. More communities need sensitization. More satellite hubs need strengthening so that counselling reaches people where they live, learn, work and serve.

We therefore call upon partners, friends, institutions and people of goodwill to continue supporting this noble cause. Your support strengthens counselling services, training, supervision, outreach, referral, documentation and the expansion of safe spaces for mental wellness.

When one person heals, a family becomes stronger. When a family becomes stronger, a community begins to heal. This is the journey of RSCNI: journeying together in solidarity and hope, strengthening communities and cultivating shared impact for the common good.

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