



**"Knowledge will bring you the opportunity
to make a difference"**

- Claire Fagin



Here at the Aminata Maternal Foundation, we love to put a spotlight on the fantastic work done at the Aberdeen Women's Centre based in Sierra Leone.

Your donations and support provided to the Aminata Maternal Foundation directly affects these mothers in profound and life changing ways. As always, we cannot thank you enough for your ongoing support and efforts.

The Aberdeen Women's Centre, through the help and support of the Aminata Maternal Foundation, not only offers their graduates the chance to learn very practical skills which can be used for future employment opportunities, but they also provide a wide range of additional counselling and life skills training.

The learnings from these sessions are hugely important for the girls attending the centre. It plays a tremendous part in setting them up with the confidence and positive attitude to help them successfully move forward into motherhood, and beyond.

The following is a small example of what the additional sessions include.



Counselling:

Topics they cover include:

- Anxiety
- Anger Management
- Depression
- Stress
- Family Dynamics

Regular sessions are conducted with each girl individually, and in group settings, by the centre's Social Worker & Counsellor. Helping to improve the graduates mental health; the building of resilience; confidence; self esteem and self-consciousness.

A healthy life starts with a healthy mind!



We believe here at the Aminata Maternal Foundation that these opportunities provided to the young mothers of Sierra Leone makes a **huge** impact. The confidence and joy it brings to the lives of these amazing women is so beautiful to see!

Your help is changing lives!



We are deeply grateful for your generosity and sustainable donation to make giving birth safe for the mothers of Sierra Leone possible, **NOW**, and in the **FUTURE**.

“Motherhood should mark a **BEGINNING** and not an **END**”.

[**Donate now**](#)

With deepest gratitude,

Aminata Conteh-Biger
Chief Executive Officer
Aminata Maternal Foundation