

Empowerment retreat for Road to Hope beneficiaries.

In a bid to empower Road To Hope adult beneficiaries with life skills, a young adults' retreat was hosted by Palliative Care Association of Uganda (PCAU) in partnership with GEN Uganda under the theme "who I am I am special".

The three day retreat that commenced on the 22nd of January and ended on 25th of the same month at Lweza training and conference Centre was attended by youth from ages 14-29.

The retreat was to help the Road To Hope children deal with challenges that they face in their everyday lives by understanding the potential they have through life skills to ably be leaders even at their age.



Children socializing by playing games to help them with their self-esteem.

Rose Kiwanuka, the Country Director PCAU urged the youth to think about things that can help them improve their self-esteem as she gave her opening remarks.

Kiwanuka briefly explained the role of PCAU and the impact of Palliative Care (PC) in the lives of the youth which stimulated an urgency in the youth to join PCAU and offer to those in need in their societies.

Editor Kansiime from Gen Uganda ensured that the youth were equipped with life skills of personal reflection, self-esteem to ably express themselves and self-awareness among others.

Strategies such as evaluation meetings, discussion groups and games among others were laid to ensure effectiveness of the messages passed on.

PCAU is grateful to Center for Hospice Care team for the continued support rendered to the children's future. This has enabled child care givers to acquire education and life skills. It is your generosity and belief in our mission that enables us to perform this work, PCAU is deeply grateful for your partnership.



The Children cutting cake together with PCAU staff after the retreat.

The youth are the future leaders of our country and as such needs a good and strong foundation to be good leaders and citizens someday.