

K I N A M A N I

QUARTERLY NEWSLETTER-1 2026



About Kinamani

A Message From Our Hearts

In Bamenda, the reality for many young girls is a heavy one. **One in four girls** between the ages of 13 and 19 becomes a mother before she is ready. Behind this statistic are real stories of school dropouts, poverty, and the quiet weight of stigma.

At **Kinamani**, a name we chose to mean "peaceful community", we believe that no story is ever truly finished. We have built a garden where teenage mothers and their children can grow together, turning a cycle of hopelessness into one of resilience.

The 6-Phase Garden Model

We guide teenage mothers from fragile beginnings to self-reliance through our unique curriculum:

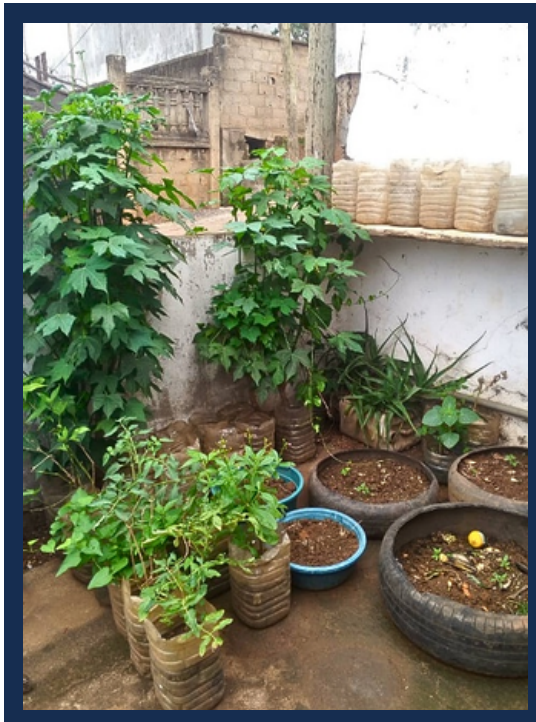
1. Soil Preparation: Building trust and setting personal goals.
2. Sowing: Vocational training in entrepreneurship, tailoring, and arts.
3. Nurturing: Developing parenting skills and financial literacy.
4. Weed Management: Strategies to overcome stigma and social pressure.
5. Harvesting: Celebrating progress
6. Seed Saving: Transitioning to independent, sustainable futures.

"When a mother can feed her child, she regains her strength, her confidence, and her voice. From that place of strength, everything else can grow." -

Fon Rita Bih

[Read More on our website](#)





Sustainability in a Bucket

For a teenage mother, the most urgent question is often: *"How will I feed my child today?"*. The **Kinamani Garden** provides a practical answer. We teach our beneficiaries to grow food in buckets and containers, moving them from dependency to self-reliance one seed at a time. This is restoring the dignity of providing for one's own family.

Small seeds planted today truly do yield a harvest of lasting change tomorrow.

Tell to Heal: Reclaiming the Narrative

Over the last three months, we have watched healing take place in our Tell to Heal Circles. These sessions provided a vital, non-judgemental space where our young mothers stepped out of the shadows of stigma to share their challenges and future hopes.

By speaking their truths, they have moved from isolation to sisterhood, reclaiming their personal narratives and rediscovering a strength that had been there all along.





Breaking the Silence: Menstruation & Prevention

We believe that knowledge is the best tool for prevention. This quarter, we hosted a workshop titled "Menstruation Education: A Step Towards Ending Teenage Pregnancy".

In many of our communities, menstruation is shrouded in silence and harmful myths. By creating a space for open dialogue, we helped adolescent girls understand their bodies not just biologically, but as a vital part of their health and decision-making power.

The Impact:

- **Knowledge Over Myth:** Participants challenged cultural misconceptions that often lead to shame.
- **Confidence to Choose:** Girls learned how menstrual knowledge directly links to setting boundaries and making safer choices.
- **From Silence to Curiosity:** What started as a room of hesitation ended in a space of curiosity and informed confidence.



Support Our Mission

If you would like to contribute to Kinamani and support teenage mothers in Bamenda, you can do so via mobile money:

- **Network: MTN Mobile Money (MoMo)**
- **Account Name: Fon Rita Bih**
- **Account Number: (+237) 672 218 811**

Visit us: Opposite Boulangerie Française, Byemassi Yaoundé, Cameroon.

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Website: www.kinamani.org