



JONICA FOUNDATION Q1 NEWSLETTER



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Success Story

Making Women's
Health Visible,
Heard, and
Prioritized



The first quarter of 2026 has been a reminder of why our work matters.

Every conversation we've had, every woman who has joined our spaces, and every story shared points to one truth; women's health issues, especially those often dismissed or misunderstood, deserve visibility, urgency, and action.

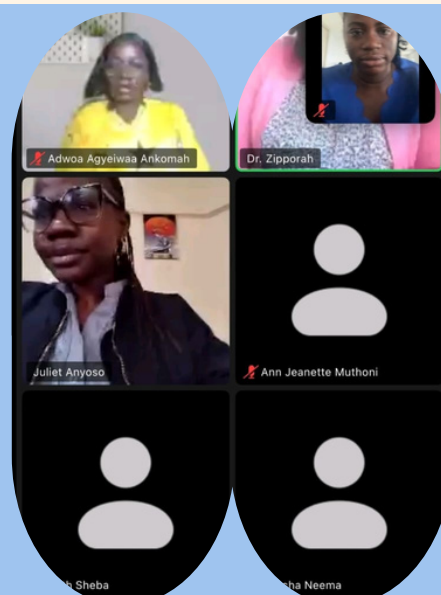


Community Updates

Creating Space for Conversations That Matter

In March, we hosted a webinar titled "Redefining PCOS as an SRHR Priority." What stood out was not just the number, over 70 women and healthcare providers, but the honesty in the room.

Women spoke openly about delayed diagnoses, being dismissed in healthcare spaces, and navigating PCOS in silence. Healthcare providers also engaged deeply, reflecting on how care can be more responsive and inclusive. This wasn't just a webinar, it was a shift. A step toward recognizing PCOS not as a side conversation, but as a core sexual and reproductive health issue.





Growing a Community That Supports Each Other

This quarter, over 300 women interacted with our activities, we also created a WhatsApp community which has over 30 women.

What happens in this space goes beyond information sharing. Women ask questions they've never felt safe asking before.

They find reassurance, support, and sometimes simply the comfort of knowing they are not alone.

From menstrual health to PCOS, to navigating health systems, this community is becoming a safe entry point for many women into their SRHR journey.

Stay tuned for our upcoming webinars, featuring experts and healthcare professionals.



◆ Building the Team Behind the Work ◆

We welcomed 4 new female team members into Jonica Foundation.

This growth is important, not just in numbers, but in what it represents. More women leading, designing, and implementing solutions for issues that directly affect them and their communities.

With this expanded team, we are better positioned to reach more women, listen more closely, and respond more effectively.



From Zero to a Growing Digital Voice

At the start of the year, our digital presence was minimal. Today, we have grown to over 1,000 followers across our platforms.

But beyond the numbers, what matters is engagement. Women are responding, sharing, asking questions, and joining conversations.

This tells us that the demand for safe, honest, and accessible SRHR information is real and growing.

CONTINUING TO AMPLIFY WOMEN'S VOICES

Through initiatives like Sauti ya Mama and Pamoja Pulse, we continue to center women's voices, especially those often left out of mainstream conversations, including women with disabilities.

Because advocacy is not just about information, it is about visibility, dignity, and ensuring that no one is left behind.



Looking Ahead

In the next quarter, our focus is simple but urgent:

- Reach more women at community level
- Deepen conversations around overlooked SRHR issues
- Strengthen partnerships that can scale impact
- Continue building safe spaces, both online and offline



Get Involved Today

Your time and donations are the heart of our mission.



Sponsor a Community meeting or Webinar session
Support us to reach more women with life-saving SRHR information through webinars and grassroots engagement.

- KES 60,000 supports 1 community session
- KES 30,000 supports digital outreach to 100+ women
- Reach out: info@jonicafoundation.org