Join us in reviewing all that has been accomplished over the last 12 months. It’s truly because of your support that Help Lesotho is able to help so many create positive change in their lives and build their resilience to overcome challenges of all sizes.

With your continued support, we hope 2023 will be an even better year!
In early 2022, vaccines had finally reached much of the population. After nearly two years, schools were reopened and our programs were able to continue in their original formats (while still keeping everyone safe and sanitary)!

Help Lesotho staff celebrated their graduations from our intensive Psychosocial Support Course! They digested hundreds of pages, completed quizzes and assignments, participated in discussion groups and reflected on their personal and professional growth through journaling.

Help Lesotho now offer our CHANGE4ce program to build capacity with other organizations working with vulnerable populations!

Our three computer rooms offer RACHEL (Remote Area Community Hotspot for Education and Learning) devices, which are portable off-line servers through which students have access to a huge library of educational content to help them with subjects they are struggling with or to get ahead in their studies!

Our Volunteer Youth Alumni Outreach Project expanded this year to reach even more vulnerable children and help them with their education. Youth work with children in groups and 1-1 sessions to tutor in reading, writing, math as well as provide a supportive space for them to share their struggles.

"This project has shown great importance to children both academically and psychologically as the Alumni volunteers not only assist with home works but also provide basic psychosocial support by listening to children’s different problems and be their support system."

-Motopi, Help Lesotho Professional Intern and Project Coordinator
At 53-year-old Nkhono Mahlose’s graduation ceremony, she shared about her anger when her teenage granddaughter became pregnant and how the program helped her to deal with her feelings in a healthy way. “I was very hurt at first, but the program helped me to accept things beyond my control. I realized that my granddaughter needed respect and love. She needs support to access services so she and the child will be healthy. Now we live harmoniously together. I am forever grateful to Help Lesotho for this program.”

Masiyabonga grew up as a double-orphan, constantly being passed between family members, never feeling like she belonged. At 17, she found her sense of home when she met her husband and gave birth to her two children. Her husband recently lost his job and she constantly worries about how the four of them will survive without his income.

Through the Young Mother Program, Masiyabonga learned how to deal with her emotions and manage her stress. She has been able to earn an income with the help of a Small Business Starter Kit each program participant receives - her hope has been restored!

Like most herd boys, Lekheto left home at an early age to provide for his family. The isolated life he lives in the mountains means it is nearly impossible for him to access the education and services he needs to understand his rights and the rights of women and girls. Help Lesotho’s Herd Boy program changed that for him. "I am moved by the fact that this program included our parents and employers - engaging them on how best they should treat us."
For six weeks in February – March 2022, 57 young adults participated in the annual Leaders-in-Training Program (LIT). As Help Lesotho’s most intensive program, LIT provides an exciting opportunity to foster and witness significant personal growth. Participants engaged in meaningful modules about self-awareness, communication skills, gender roles, power relations, and psychosocial support.

96% of participants reported significantly improved resilience

TLOTLISO

Tlotliso is a 27-year-old graduate from the Leaders-in-Training Program. After gaining the support and trust of others in the program, Tlotliso felt compelled to share her heart wrenching story of enduring three violent attacks, the first at just ten years old, followed by several attempts to end her life. Tlotliso says her time in the program has helped her regain strength and begin a healthy healing process.

“I told my loved ones stories about my life without fear of being judged and the response was heartwarming... I am a better person and all thanks to Help Lesotho. I run out of words to express gratitude.”

NCHEME

Help Lesotho’s Leaders-in-Training Program has changed me into a role model to youth in my community, I am now providing a career guidance and knowledge about more universities and colleges in Lesotho matching their results or career aspirations. It is my goal as a youth leader to bring more young people to start their own projects as a way of living.

98% of participants identify as leaders after the training

The 2022 LIT cohort was the first to participate in a training module titled Gender Identity and Sexuality. In a highly religious country where this topic is taboo, this marked a big step towards inclusiveness.
There was so much to celebrate in 2022!

Our GIRL4ce edutainment group performed for garment factory workers in their lunch hour to raise awareness about gender-based violence, harassment, and everyone’s responsibility to report abuse. We were blown away by how many people attended the performance!

Peg Herbert, Founder and Executive Director, and Kathleen Lauder, Help Lesotho Board Chair, visited Lesotho after 33 months away due to COVID-19. It was such a special visit, catching up with staff, sitting in on programs and meeting so many of our incredible beneficiaries.

Our new Pitseng Library got completed! Thanks to the incredible support of so many, our dreams for this special building came true. We will officially open the space in the new year - a treasure for so many bright young minds!

The Pearl Girls celebrated International Women’s Day by honouring women and girls around the world in the commitment to create a gender-equal world free of bias, stereotypes and discrimination. Here they’re striking the ‘Break-the-Bias’ pose!

Leadership residential camps returned in 2022 helping students boost their confidence, build resilience, learn about sexual and reproductive health, and have a lot of FUN!

Thanks to your support, we hosted two days of fun for the nearby pre-schools and primary schools at our Hlotse Centre in honour of Resilience Building!
Memorable moments from our Canadian office!

In June 2022, Help Lesotho’s Country Director, ‘M’e Mamoletsane Khati, had her first visit to Ottawa, ON for a wonderful mix of visits with 85+ donors, meaningful conversations with the Ottawa staff and board members, intensive strategic planning sessions, and plenty of time to enjoy all that summertime in Ottawa has to offer!

We had so much fun at our 11th annual Force4Change golf tournament supporting the Young Mother Program! Golfers enthusiastically participated in our 'young mother dress up challenge', donning baby gear, seshoeshoe wraps and other Lesotho items while they took a tee shot!

Your support is making a difference!

A very brave supporter Gail on her way into the water at Portsmouth Harbour in Kingston in January. Gail’s Polar Dip raised $3,900.00 in pledges! Way to go Gail.

The Kingston Grandmother Connection selling Pearls4Girls and other Help Lesotho items at a Christmas fundraiser!

Bathurst High School Rotary Interact Club (in New Brunswick) helped raise funds for the new Pitseng Library. The group raised $460 by baking and selling 80 dozen cookies! We appreciate their delicious and dedicated efforts!

The hard-working 'Victoria Island Bottle Collection' crew raised more than $12,000 in support of grandmothers in Lesotho this year - and are also helping the environment through their efforts!

Thank you for believing in our work. Wishing you the best for the coming new year!