

Youth Empowerment & Development

Youth Leadership Toolkit

A downloadable guide with activities, exercises, and tips to build confidence and leadership skills.

Mental Health Awareness for Teens

Resources focusing on emotional well-being, self-care habits, and recognizing stress signals.

Future-Ready Skills Guide

A practical resource covering communication, goal-setting, and personal growth strategies for young people.

Community Learning & Awareness

Healthy Community Guide

Information on nutrition, hygiene, and family wellness practices that contribute to healthier communities.

Parenting Support Materials

Helpful insights on positive parenting, communication with children, and building strong family bonds.

Workshops & Training Resources

Access slides, handouts, and summaries from past workshops and events.

Helpful Links & External Tools

Breastfeeding Support Hotlines

Quick-access contact numbers for professional lactation support and guidance.

Health & Nutrition Articles

A curated list of trusted articles and research-backed educational content.

Youth Program Registrations

Links to forms and portals for signing up for upcoming youth programs and events.