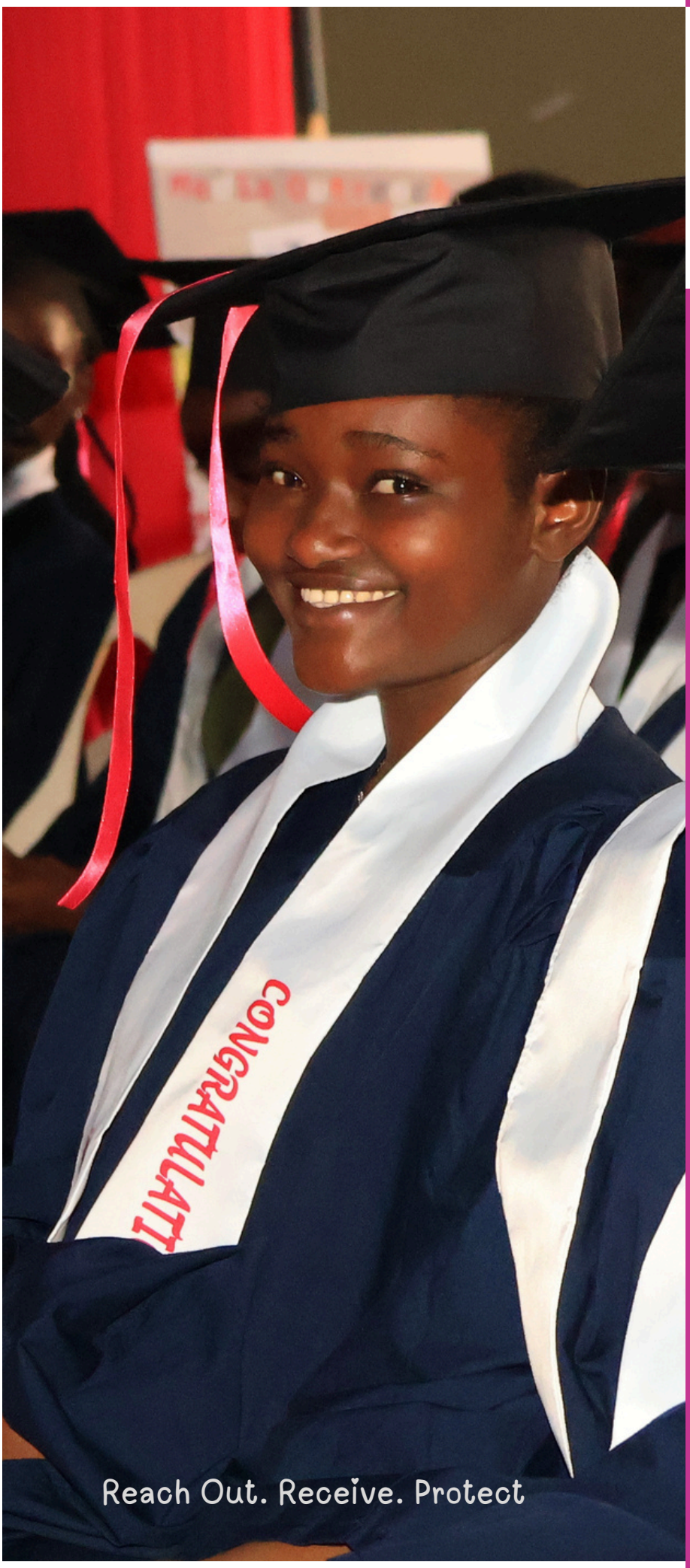


Maisha Girls Safe House

2025 Annual Report

Reach Out. Receive. Protect

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Message from Founder

The year 2025 marked a defining moment for Maisha Girls Safe House. It was a year in which we remained grounded in the lived realities of the survivors we serve.

Behind every number in this report is a name, a story, and a turning point. A girl seeking safety, a survivor reclaiming her life, or a young woman choosing to begin again.

In providing protection and essential services, **92 girls and 18 children were reached.** These are girls who accessed healthcare and psychosocial support, navigated complex justice systems, returned to school, learned new skills, started businesses, and began rebuilding trust in themselves and in the world around them.

This year also marked a significant shift in how we work. We moved from primarily responding to crisis to operating with clear strategic intent. With the launch of our **2025–2027 Strategic Plan**, we aligned our programmes, partnerships, and resources toward sustainable, long-term impact. This ensures our support is expanded and more coherent, consistent, and effective.

A major milestone was the opening of our new Safe House, which increses our capacity to serve survivors. This expansion strengthens our ability to meet growing need while maintaining the quality, dignity, and confidentiality that define survivor-centred care.

Across our programmes, we continue to see tangible progress. Survivors are accessing education, completing vocational training, and achieving financial independence, while communities are more informed and engaged in prevention. Through advocacy and outreach, we reached over 46,000 people, strengthening awareness, challenging harmful norms, and reinforcing pathways for protection and reporting.

We recognize that this work is complex, healing takes time, justice is often slow, and meaningful change requires persistence. So why continue?
Because every girl who finds safety, every survivor who begins again, is a victory.

We also recognize that none of this would be possible without our partnerships with government institutions, civil society, donors, and communities. Together, we are building systems that respond more effectively, protect more consistently, and empower more sustainably.

In 2026 and beyond, our focus is to scale impact in ways that are measurable, accountable, and community-driven. We will expand safe shelter access by fully operationalizing our new Safe House and strengthening case management to achieve **over 80% safe reintegration outcomes**.

We will deepen economic empowerment by increasing survivors' financial independence through private sector partnerships that create clear employment pathways. At the systems level, we will contribute to county and national policy processes on child protection and SGBV while strengthening community protection structures.

To sustain this work, we will diversify funding, invest in staff capacity, and strengthen internal systems, including securing multi-year partnerships and enhancing monitoring, evaluation, and learning for long-term impact.

Florence Keya
Executive Director & Founder.

About Us

Our Vision

A world where girls and women are free from all forms of sexual violence.

Our Mission

To reach out, receive, and protect girls and young women-survivors of or those at risk of sexual violence and abuse.

Our Values

- Dignity
- Hope
- Compassion
- Accountability
- Confidentiality
- Safety and Protection

Maisha Girls Safe House (MGSH) is a survivor-led, women's rights organization dedicated to reaching, receiving, and protecting girls and young women who are survivors of sexual violence or at risk. We provide a continuum of care that combines immediate protection with long-term support, enabling survivors to rebuild their lives with dignity, resilience, and hope.
Founded in 2016 MGSH is registered as an NGO. MGSH is currently aligning with national requirements for recognition as a Public Benefit Organization (PBO).

At the core of our work is a safe shelter that offers temporary refuge for survivors, where they receive holistic support including healthcare referrals, psychosocial counselling, legal aid linkages, education support, and family tracing and reintegration services. Our approach prioritizes safety, confidentiality, and informed choice while supporting long-term healing and self-reliance.

Beyond the shelter, MGSH operates community-based safe spaces that serve as information and empowerment hubs for girls and young women.
These spaces provide critical education on Sexual and Gender-Based Violence (SGBV) and Sexual and Reproductive Health and Rights (SRHR), equipping participants with knowledge to protect themselves, making informed decisions about their bodies, and advocate for their rights within their communities. They are also able to access psychosocial support services, life skills training and economic empowerment.

Through these interventions, MGSH not only responds to abuse but also works proactively to prevent sexual violence by fostering informed, empowered, and supportive communities.

MGSH primarily works in Nairobi and the environs but serving girls and young women country wide.



Our strategic direction

In 2025, Maisha Girls Safe House (MGSH) transitioned from program-driven implementation to a clearer long-term strategic focus. In July 2025, MGSH launched and adopted its 2025–2027 Strategic Plan, using the year to consolidate program learning, refine priorities, and position the organization for sustained impact.

MGSH intentionally structured the year into two phases. The first half focused on maintaining essential survivor protection and empowerment services while gathering evidence to inform strategic planning. The second half concentrated on aligning programs, systems, and partnerships with the newly adopted strategy, ensuring continuity of services while preparing for future growth.

Our 2025–2027 Strategic Plan is anchored on four pillars: Safe House (Comprehensive Care and Support), Advocacy and Empowerment, and Institutional Development and Sustainability. These pillars guided MGSH's work in providing trauma-informed care, supporting education and life skills for girls, advocating for survivor rights, and strengthening the organization's systems for long-term sustainability.

Following the adoption of the Strategic Plan, MGSH conducted a program-to-strategy mapping exercise, which confirmed that all ongoing interventions aligned with at least one of the organization's strategic pillars. Importantly, all four pillars were operationalized by 2025, signaling readiness for full implementation in the years ahead.

Resource allocation during the year reflected MGSH's commitment to survivor-centered care, with over three-quarters of program resources directed toward survivor protection and empowerment, while gradually strengthening prevention, advocacy, and institutional capacity.

By the end of the year, MGSH had established clear strategic priorities, aligned programs and systems, and a stronger foundation for partnerships and growth. This positioning enables the organization to move into 2026 and beyond with greater clarity, operational focus, and renewed commitment to protecting and empowering girls and young women affected by sexual violence.



2025 AT A GLANCE

Impact Summary

Comprehensive care and support

92 Survivors and **18** children provided with safe shelter.

253 Psychosocial support sessions delivered.

188 Healthcare visits supported survivors' recovery.

40 Survivors accessed legal.

48 Survivors successfully reintegrated.

44 Survivors accessed formal education.

Empowerment

520 Girls at risk empowered on SRHR.

77 Children & Youth supported through library & homework club services.

158 Child domestic workers (CDWs) empowered on SGBV and labour rights..

45 Survivors enrolled in vocational/ apprenticeship training.

56 Children at risk offered scholarship opportunities.

Advocacy and system strengthening

46, 058 Community members reached with information on SGBV and SRHR.

Case management improved

- ✓ 75% of survivors reported improved mental wellbeing.
- ✓ 91% of survivors reported improved health outcomes.

Our work.

The Safe House

Reaching survivors when safety was most needed

In 2025, we provided emergency and transitional shelter to **92 survivors**, including 18 children. Among these, **39 were new admissions**, referred through the children's offices, Directorate of Criminal Investigation (DCI) – Child Protection Unit, police stations, the Chief's offices, and partner organizations.

Upon arrival, survivors were provided with essential items, including food, clothing, and dignity kits, consistently available throughout their stay. This initial support helped them settle into the Safe House and regain a sense of safety. Each survivor then received individualized case management, enabling seamless access to counseling, healthcare referrals, education support, legal assistance, and structured reintegration services tailored to their unique needs..

Reach Out

Receive

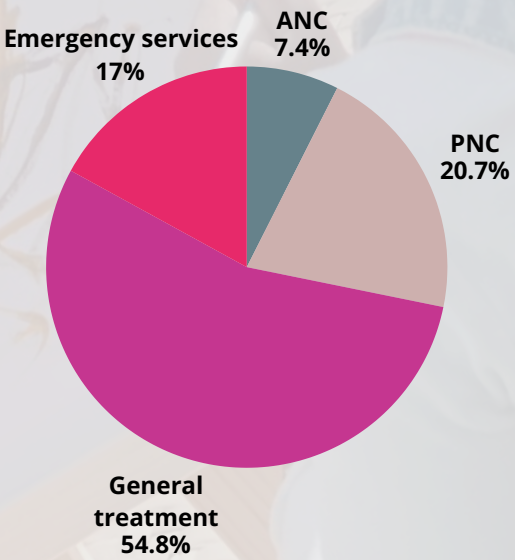
Protect

Access to healthcare services

As part of comprehensive case management, survivors and their children were supported to access essential health referral services. During the year, survivors accessed **188 health care referral services**, reflecting both immediate and ongoing medical needs. These referrals included:

- Antenatal care (ANC) and ultrasound services for pregnant teenagers, ensuring safe monitoring and support throughout pregnancy.
- Postnatal care (PNC) services, addressing growth monitoring, routine immunization, cord care, and post-delivery follow-ups to promote healthy early development.
- General medical care, including outpatient and inpatient services and comprehensive care clinic services.
- Emergency clinics.

% Distribution of healthcare services



As a result of healthcare support, **91% of the survivors** reported improved health outcomes.

Access to trauma-informed psychosocial support

Throughout 2025, the therapy program delivered consistent, trauma-informed support to survivors, resulting in significant improvements in their emotional well-being, resilience, and social functioning.

92 survivors received structured psychosocial support, complemented by **237 individual counselling sessions** that enabled personalized trauma healing. In addition, **16 group counselling sessions** provided safe spaces for peer interaction, fostering collective resilience and shared healing experiences. As a result of these interventions, 75% of survivors reported an improvement in their mental well-being.

Survivors demonstrated improved emotional regulation, with a noticeable reduction in anxiety, distress, and trauma-triggered reactions. They developed practical coping strategies such as grounding techniques, mindfulness, and healthy emotional expression, enabling them to manage daily stressors and past trauma better.

There was a marked increase in self-esteem and confidence, as survivors gradually overcame feelings of shame and self-blame. Many became more assertive, engaged more actively in group and school environments, and showed a stronger sense of self-worth and personal identity. Through group therapy sessions, survivors improved their ability to communicate, build trust, resolve conflicts, and form positive peer relationships, strengthening their social support networks and sense of belonging.

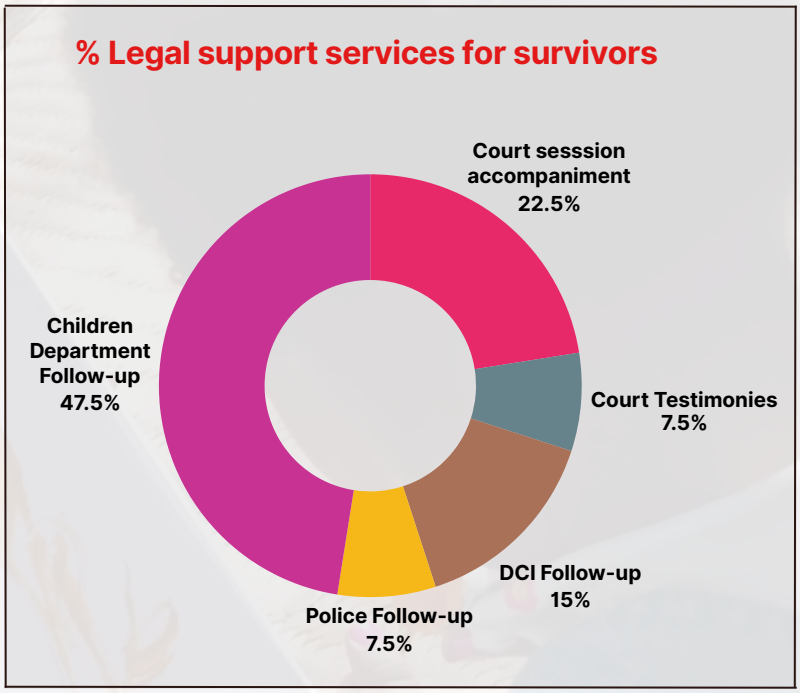


Access to legal support services

Recognizing that access to justice is central to healing and empowerment, 40 survivors were supported to access justice services, reflecting a strong commitment to survivor-centered legal assistance. Most support went into follow-ups with the Children's Department, underscoring its central role in child protection and case management. Court session accompaniment accounted for 22.5% of interventions, while follow-ups with the Directorate of Criminal Investigations (DCI) made up 15%.
Court testimony and police follow-ups each accounted for 7.5% of the total support provided. Overall, court-related engagements demonstrate active facilitation of survivors' participation in the justice process.

This structured legal support ensured that survivors were not alone in navigating the justice system, strengthening their sense of protection and voice while promoting accountability.

By enabling meaningful participation in legal processes, the program contributed to improved safety outcomes and supported survivors' confidence and long-term recovery.



Family reintegration



Survivors stayed for an average of three to six months, with the length of stay guided by their recovery and safety needs. By year-end, 48 survivors (52%) were safely reintegrated into their families and transitioned to next-stage support services, including education, vocational training, or longer-term care arrangements.

All transitions were guided by individual risk assessments, safety planning, and survivor readiness, ensuring exits were safe, voluntary, and sustainable.

Access to education opportunities



During the year, **44 survivors accessed formal education across different levels**, supporting continuity in learning disrupted by violence. These included:

- 13 at the primary education level,
- 26 at junior secondary education level
- 5 at tertiary level

Notably, two survivors successfully completed their secondary education, marking an important milestone toward long-term stability and expanded future opportunities.

Program growth and expanded capacity

A major milestone in 2025 was the official launch of our new Safe House in November, marking a significant expansion of our capacity to provide privacy, safety, and continuity of survivor-centered care.

This facility enhances our ability to respond to growing demand and reduces overcrowding. With more adequate space dedicated to rest, play, and therapy, the recovery and long term wellbeing of survivors are better supported.

This achievement is a key step under our Comprehensive Care and Support pillar in the 2025–2027 Strategic Plan, reinforcing our commitment to restoring safety, dignity, and empowerment for survivors and their communities.



Safe Spaces

Through our safe spaces in Kamukunji and Makadara sub-counties, we strengthened resilience and expanded long-term opportunities for survivors of sexual and gender-based violence, child domestic work survivors and girls at heightened risk by prioritizing education, life skills, vocational training, and economic empowerment.

(i) Education access and retention

In 2025, investment in vocational training, education and life skills empowerment yielded clear and measurable milestones:

- **56 at-risk children accessed scholarship opportunities** supported through the Maisha-Nairobi Project, implemented. 15 of these students completed their high school education and are transitioning to tertiary level.

- **77 children and youth (ages 5-24) accessed academic support, reading materials, and structured mentorship through library services and homework club**. Notably, 15 learners from the homework club sat for the Kenya Junior School Education Assessment (KJSEA) and successfully transitioned to senior school.





(ii) Lifeskills Empowerment

In 2025, empowerment projects targeting vulnerable girls strengthened protection, skills, and access to opportunities.

Through the Limiting Exploitation and Abuse of Child Domestic Workers project, 158 Child Domestic Workers in Kamukunji and Makadara were equipped with life skills and labour rights awareness. This strengthened understanding of their rights to fair treatment, safe working conditions, rest, education, and protection from exploitation, while also improving self-esteem, decision-making, communication, and problem-solving skills. **As a result, 87% gained vocational and entrepreneurship skills**, nearly half exited child domestic work, and one re-enrolled in secondary school.

Under the Safe and Thriving Survivors project, 520 at-risk girls were empowered on SRHR and SGBV. The sessions improved awareness of rights, prevention of violence, access to services, and strengthened confidence and resilience.
Overall, the initiatives expanded protection, empowerment, and pathways to education and economic independence, enabling safer and more informed choices.





(ii) Vocational Training

In 2025, MGSH strengthened survivors' pathways to economic independence through integrated vocational training and livelihood support. A total of 45 survivors were supported to acquire vocational skills and successfully graduated from vocational training programmes, equipping them with practical, market-relevant competencies.

Upon graduation, they received start-up kits, enabling a smooth transition into self-employment, home-based enterprises, and opportunities within both the formal and informal sectors.

Key livelihood outcomes

- 88% started businesses or became self-employed, reflecting increased economic agency and livelihood autonomy
- 66% consistently contributed to household needs and family income
- 59% reported increased earnings, strengthening household stability

Personal and social empowerment

- 50% reported measurable personal and social empowerment
- 51% experienced improved autonomy, social engagement, and positive shifts in family and community relationships

Peer and community-level impact

- 56% transferred skills to peers and community members
- 6 participants created income-generating opportunities for others or directly supported peers to earn livelihoods.

Overall, the vocational training programmes in 2025 delivered measurable economic, personal, and community-level impact, reinforcing survivors' resilience, dignity, and capacity for self-reliance.



Survivor stories

Zainab Gashambi (Age 18)



"Before joining the program, I worked as a child domestic worker and grew up in a slum. Life was very difficult. I believe that I would never leave the environment I was raised in, and that my life would always be the same. Through vocational skills in baking and sewing , my mindset changed. I gained skills and confidence, and for the first time, I believed that I could do something meaningful with my life. Today, I work at Uhuru Market as I save money. I want to eventually set up my own baking business. I am proud of how far I have come, and I now believe that it is possible to break out of poverty and build an independent future."



Winfrey Eliza(Age 17)

"Before I joined the program, my life felt very heavy. I had gone through sexual violence, and at the same time my family was struggling financially. Parents could not support me to continue with school, and I did not know what my future would look like. When I knew about the Maisha Girls vocational training program, it felt like a turning point for me. I was given a chance to learn practical skills as a Barrista, something and always wanted but never thought I would get. As I trained, I slowly regained my confidence and started believing in myself again.

With the startup kit, I started my own small business. It began in a simple way, but over time it grew and became a stable source of income for me. I am proud that through my business, I have also been able to create work for two other young people in my community.

Today, I see myself as strong and independent. This program helped me rebuild my life, not just by giving me skills, but by helping me that I still have a future and that I deserve dignity and independence."

Khadija Ali (Age 18)



"I joined the program after working as a child domestic worker. Later, I found myself living in an unsafe and unstable home environment with my young child. I did not have my own income, and I felt trapped because I depended on others for survival.

Through the program, I learned vocational skills that showed me I could earn a living on my own. I also gained confidence and started trusting myself to make decisions for my life and for my child.

Today, I am working and living independently with my child. I am no longer in unsafe situations, and I feel more in control of my life. The program helped me understand that economic independence is not just about money, it is about safety, dignity, and being able to choose a better future."

Advocacy

Through sustained community engagement and mass media outreach, MGSH strengthened community knowledge, promoted accountability, supported survivor-centred responses, and reinforced pathways for prevention, early reporting, and referrals.

Reach and Engagement:

Our advocacy activities reached an estimated 46,058 community members through structured community dialogues, public barazas, school-based engagements, youth forums, and mass media platforms. Early prevention efforts were strengthened through engagement with 2,190 students and youths, promoting peer awareness and protective knowledge among children and young people.
Innovative community engagement approaches were also employed, including a magnet theatre performance that reached 180 community members through participatory, rights-based storytelling that encouraged dialogue and reflection on SGBV prevention and survivor support. To extend MGSH outreach beyond in-person activities, we ran two radio programs that reached an estimated 43,302 listeners, amplifying prevention messaging and increasing access to information at the community level.

Advocacy focus areas included:

- Prevention of sexual and gender-based violence (SGBV)
- Sexual and reproductive health and rights (SRHR)
- Rights and protections for child domestic workers
- Safe reporting mechanisms and referral pathways.



Towards a world free from all forms of sexual violence!



Institutional Wellbeing

Staffing

In 2025, MGSH continued to strengthen its human resource capacity to support the delivery of high-quality, survivor-centered programmes. Our team remained the backbone of our work, bringing dedication, professionalism, and compassion to every aspect of service delivery.

Throughout the year, MGSH prioritized staff wellbeing as a critical component of institutional effectiveness.

Regular debrief sessions, access to psychosocial support, and structured supervision were provided to frontline staff to mitigate burnout and secondary trauma.

In addition, targeted capacity-building initiatives were conducted to strengthen technical competencies in areas such as safeguarding, trauma-informed care, case management, and data management.



Driving learning and programmatic strengthening

In 2025, Maisha Girls Safe House strengthened its Monitoring, Evaluation, Adaptation and Learning (MEAL) function to serve as a core driver of programme quality, accountability and learning. The focus shifted from routine reporting to using data for decision-making and adaptive programming.

MEAL systems were aligned with our 2025–2027 Strategic Plan, ensuring that programme performance is tracked against clear outcomes and strategic priorities. Standardized tools and improved data quality processes enhanced the consistency, reliability and use of programme data across all interventions.

The organization also strengthened feedback mechanisms, ensuring that survivor and community perspectives inform programme design and improvement in a safe and structured way.
Regular reflection and learning processes enabled teams to analyze performance, respond to emerging needs, and refine service delivery approaches in real time. This has supported a shift toward more responsive, evidence-informed programming.

Overall, MEAL is now positioned as a strategic function that strengthens implementation, supports learning and enhances impact, as MGSH continues to grow and scale its work.

Our Board Members

We sincerely thank the Maisha Girls Safe House Advisory Board for their steadfast and highly resourceful guidance throughout the year. Their strategic oversight played a critical role in shaping the organization's growth, strengthening internal controls, and ensuring accountability across all levels of implementation.

During 2025, the Board provided invaluable direction in the rollout of the 2025–2027 Strategic Plan, helping to align our programmes with long-term impact goals. They offered technical input on governance structures, supported risk management processes, and guided key decisions around organizational expansion, including the establishment of the new Safe House.

Beyond strategy, the Board actively contributed to strengthening partnerships, enhancing resource mobilization efforts, and reinforcing compliance frameworks ensuring that MGSH remained fully aligned with the requirements of the PBO Coordination Board and other statutory bodies in Kenya.

Their commitment, expertise, and hands-on support have been instrumental in ensuring MGSH grows with integrity, accountability, and a clear focus on delivering meaningful impact for survivors.



Partnerships and Collaboration

This year, partnerships and collaboration remained central to effective service delivery and systems strengthening. We continued to expand our resource base through a diverse group of supporters, including donors and strategic partners, all contributing to advancing the safety, empowerment, and rights of the girls and communities we serve.

Strong coordination with government institutions, civil society organizations, and community-based partners enabled a comprehensive, survivor-centred response across health, justice, education, and protection systems.

Collaboration was maintained with 75 active partners, including donors, healthcare referral facilities, justice and legal aid partners, and education and training institutions.

These partnerships strengthened referral pathways, reduced service gaps, and enhanced timely access to critical support for beneficiaries.

Through these collaborative efforts, we supported 100% of service delivery to survivors, ensuring continuity of care, access to justice, and accountability. Partnerships also enhanced prevention, reintegration, and long-term recovery outcomes by linking survivors to education, skills training, and livelihood opportunities.

Overall, sustained multi-sectoral partnerships played a vital role in strengthening systems, improving service quality, and advancing protection and empowerment outcomes for vulnerable girls and survivors.

brave movement
End Childhood Sexual Violence

IGNITE PHILANTHROPY
inspiring the end to violence against girls and boys

Hand in Hand Kenya
We will walk hand in hand with the most vulnerable.

THE FREEDOM FUND

Australian High Commission
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United Nations Trust Fund to End Violence against Women

AMBASSADE DE FRANCE AU KÉNYA ET EN SOMALIE
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Changing You, Transforming All!

Azadi

Ugali Youth Organization

TALITA

DRAMMEN VIDEREGÅENDE SKOLE

SHOFCO
Shining Hope for Communities

We have done it because of your generous support.

Thank you

to all our partners,
donors, volunteers
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