



THRIVE GULU

from SURVIVOR *to* THRIVER

The Conflict

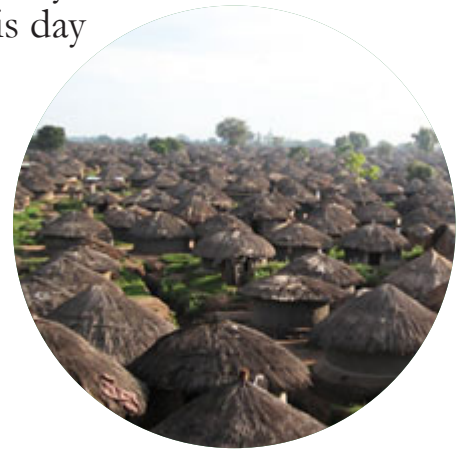


Joseph Kony

For over 20 years, Joseph Kony, the leader of the Lord's Resistance Army, abducted children to fill his ranks and reward his generals.

He forced children to fight and often kill close friends and family members. Girls were repeatedly raped as forced "wives" of his generals. Every day abductees risked their lives to escape captivity. To this day many are still returning...

Unable to stop Kony, the Government forced millions of Ugandans into camps. Violence became a daily occurrence for their residents and activities of daily living halted. Only after peace was declared were the camps closed.

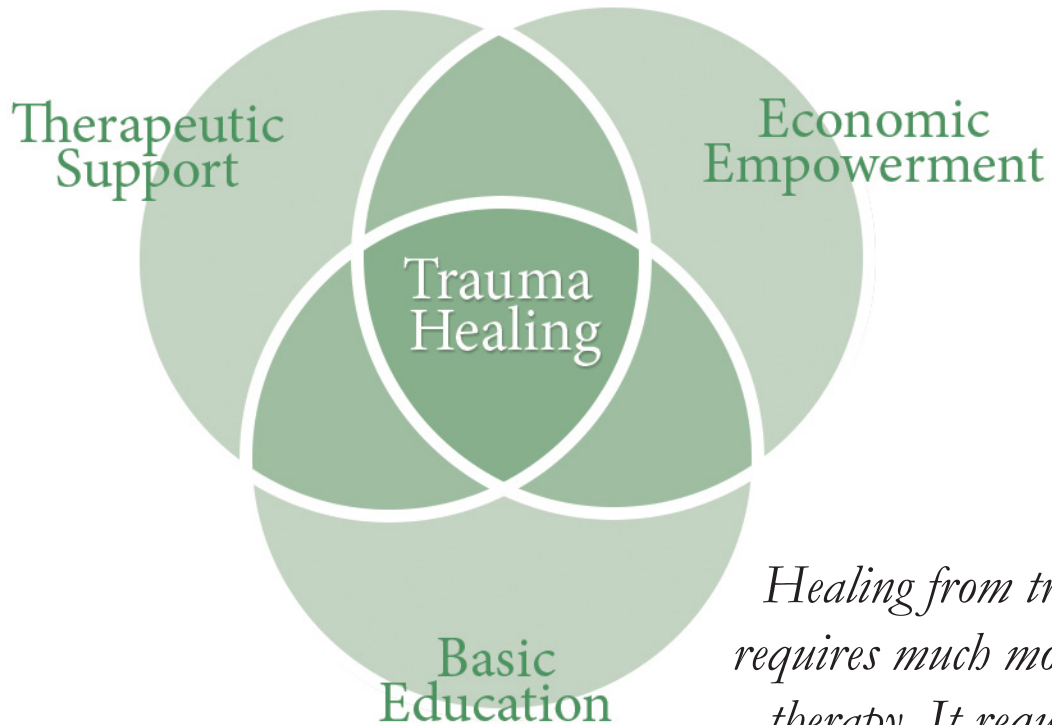


Since 2010, THRIVE has supported Uganda's healing of the traumatic events of war. We tackle the psychological, economic, and educational impact left by Kony and the internal conflict.

Our Story

In 2009, Professor Judy Dushku brought a group of students from Suffolk University in Boston to Gulu. When she arrived, she noticed that many of the NGOs dealing with the tragic events of the 23 years of conflict had closed or moved on to the next disaster. Many Ugandans still suffered from the deep emotional scars of being abducted, continued to live in extreme poverty, and lacked basic education. Shortly after Dushku's initial visit, THRIVE Gulu was born.

Our Philosophy



Healing from trauma requires much more than therapy. It requires a holistic approach

Our 3-Step Approach

Step 1: Group Formation



Many abductees and camp residents return to face intense hardship. They are often blamed and ostracized by their community.

We work with the local government and community leaders to form groups, which connect abductees and community members. These groups offer a forum for members to discuss their experiences, share ideas, and provide emotional support for one another.

Step 2: Assess and Deliver

Once a group is firmly established we begin to assess the participants. We conduct assessments to determine mental health status, identify vulnerabilities, and gauge education levels. Based upon the results, we provide tailored strategic plans to move groups and individuals from survivors to thrivers.

Therapeutic Support

We provide a wide range of activities that focus on improving well-being. Activities range from individual counseling and group therapy to yoga and sports.



Basic Education

Many abductees were taken at a very young age. This has resulted in a generation with minimal exposure to education. THRIVE is teaching Ugandans important life skills and technology.



Economic Empowerment

Each member of a group is encouraged to save a small amount of money each week. Once the group has collectively saved enough, they are able to make loans to individual members. The group decides on a low interest rate, and any money made is split among the participants. This provides access to inexpensive and easy capital to start or grow their businesses.

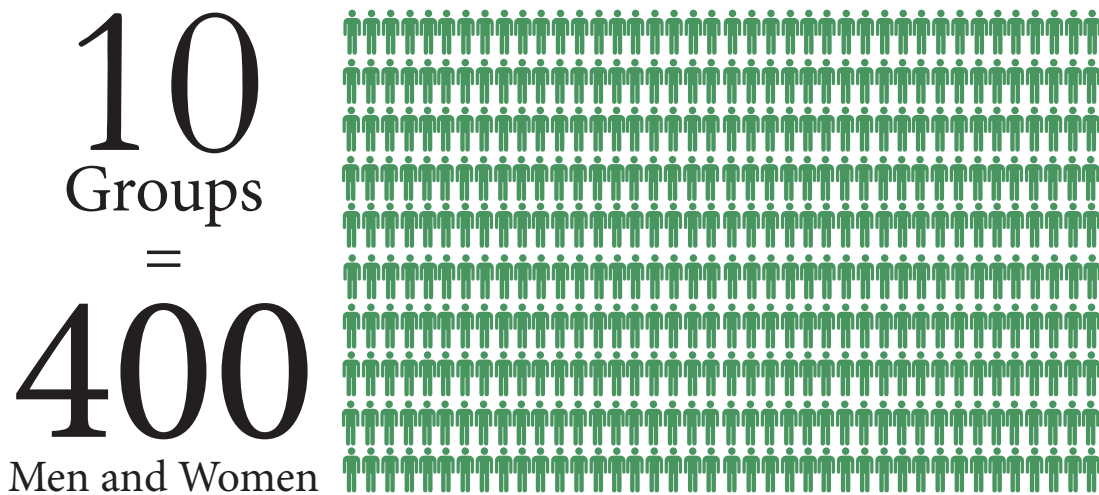


Step 3: Independence

The goal for all groups is to be self-sustaining and self-sufficient in 3-years. We provide training and support to guide groups through a number of developmental milestones. Some characteristics of an independent group are a democratically elected leadership, recognition from the local government, and a continued growth in savings.

An independent group is able to identify further areas of need and advocate for themselves.

Our Impact



The average annual savings of each group member increased from

\$54 to \$84*

In 2015, the ten groups have made nearly \$4,000
in loans to improve rural businesses.

*Average individual savings in 2014 when compared to 2013



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