



Mental Health

Mental health is the freeing of the mind to think positively, come to terms with the past, and re-orient oneself towards a non-threatening, self-assured future.



Financial Health

Financial health aims at economic self-reliance and the ability to provide for oneself and one's family.



Social Health

Social health is the restoration of peace, the beginning of reconciliation, and the drive to love others as one would be loved.



Reproductive Health

Reproductive health is the foundation of free, equal and loving relationships, and the genesis of hope for future generations.



Spiritual Health

Spiritual health involves finding inner peace and sustaining hope in the midst of adversity.