

# **Amirrah**

Empowering YOU. Empowering FAMILIES.

www.ngoamirrah.org

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# Introduction

A non-profit organization supporting young mothers-to-be and their families.







#### **Our Vision & Mission**

**Vision:** A world where every woman and child receives lifelong wellbeing, dignity, and opportunity through integrated, equitable and sustainable systems of care and support.

**Mission:** To support, educate and empower women and their newborn(s) in critical continuum from pre-conception till after birth.

#### **Commitment to United Nations SDGs**







# **Our Programmes**

#### **Holistic Lifecycle Framework**

Preconception or **Sexual Health** 

Prevent unintended pregnancies, address STIs, enable informed choice

**Advocacy**: safe contraception access, STI prevention, awareness of choice

Conception & Pregnancy or Reproductive Health

Provide antenatal care, decision support (if unintended)

**Advocacy & specialised referral**: medical guidance, pregnancy support, alternatives (adoptions, abortion referrals)

Infant (0-3 yrs) or Early Childhood Development Enhance cognitive, emotional & physical development

**Training**: nutrition, play-based learning, development monitoring

# **Mental Health**

Support: trauma from sexual or reproductive phases, family counselling, postpartum counselling & general mental wellness and group support.



## Contact

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