



**TABITHA REACH**



**April 2025**

**Newsletter**

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Tabitha Reach©

April 2025

# **Empowering Single Mothers, Transforming Communities!**

April 2025

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Dear Tabitha Reach Community,

We're excited to bring you our april 2025 newsletter, filled with inspiring updates and meaningful stories from our growing global family. This edition highlights the incredible impact of our programs, the resilience of the mothers we support, and the dedication of our volunteers. We're also thrilled to share a special message reflecting on our progress and the road ahead as we continue to empower single mothers and transform lives.

Thank you for being part of this journey. Together, we are making a difference!

With gratitude,

Tabitha Reach

# Message from the Global Operations Manager

2024 was a year of intentional choices and unexpected hurdles, each teaching me that not all goals are reached as planned, but they do come to life when the time is right.

The experiences and lessons learned have been invaluable, shaping our path forward with renewed hope and determination.

The journey from uncertainty to establishing our new building in Honduras was filled with challenges. Yet, the trust and support from the town Mayor were pivotal. Today, single mothers are learning manicure skills, empowering them to secure employment and improve their lives. Their stories of transformation and resilience are truly inspiring.

“As a single mother, learning manicure skills gives me hope for a way to support my family,” says Kensy Paola Carcamo, one of the program participants. “I am grateful for the opportunity and the support from Tabitha Reach.”



In Ethiopia, the staff changes were a significant challenge. However, our Country director Semeret Demeke's dedication and leadership have been instrumental in maintaining our standards and continuing our mission. Her passion for Tabitha Reach has been a beacon of hope and stability during these times.

“Despite the challenges, we remained committed to our mission,” shares Semeret Demeke, the country director. “Seeing the positive impact on our community keeps us motivated every day.”

As we look ahead to 2025, our goals for Tabitha Reach are clear. We aim to expand our programs, reach more communities, and continue empowering individuals through skill development and education. Our vision is to create lasting impact and positive change in the lives of those we serve.

We invite you to join us on this journey. Whether through support, volunteering, or spreading the word, your involvement can make a significant difference. Together, we can continue to create opportunities and transform lives.

Reflecting on 2024, I am filled with gratitude for the lessons learned and the progress made. As we move forward, I am hopeful and excited for what lies ahead. With courage, resilience, and community support, we will continue to make a positive impact.

In the face of challenges, it is our courage to explore, create, and wait that brings our goals to life. Let us embrace this journey with hope and determination, knowing that together, we can achieve great things.

**Karla Martinez**

Global Operations Manager



# Program Updates

## Ethiopia

### Fiker Group: Preparing for Graduation & Their Journey

The Fiker Group, our latest group of 25 mothers, is on the verge of graduation, having completed an intensive six-month training program that has transformed not only their skills but their confidence and outlook on life. These women have displayed unwavering determination, resilience, and ambition, proving that given the right opportunities, they can build a better future for themselves and their families.

Throughout the training, they have engaged in hands-on learning, mastering vocational skills such as:

- **Spice Preparation:** Blending and packaging spices, enabling them to supply local markets and start their own businesses.
- **Nail Design:** Learning the latest trends and techniques in manicure and pedicure, preparing them for employment in beauty salons or home-based services.

- **Hair Styling (Shuruba):** Mastering Shuruba, a traditional Ethiopian braided hairstyle widely popular among women, allowing them to offer professional hair services.
- **Eco-Friendly Paper Bag Production:** Contributing to Ethiopia's sustainability goals by producing eco-friendly paper bags as a viable business venture.
- **Sewing Training:** Designing and tailoring garments, offering opportunities to work in fashion production or start personal tailoring businesses.

This group has not only gained technical expertise but has also developed business acumen, learning how to market their skills, manage finances, and expand their reach within their communities. The strength and ambition these mothers have shown is nothing short of inspiring. Many of them started with little to no income, and today, they stand ready to become independent entrepreneurs and leaders in their communities.

As we celebrate their achievements, we look forward to seeing them apply their skills in real-world settings, break barriers, and set an example for future groups.





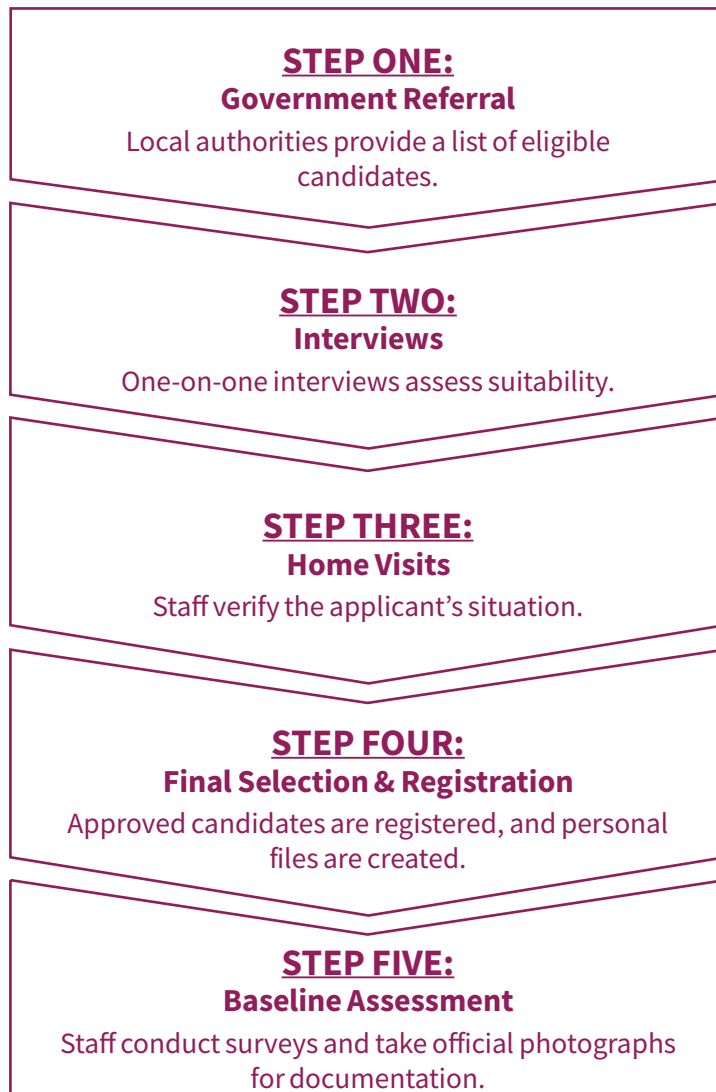
## How We Select the Next Group of Mothers

We collaborate with local government offices, different institutions including churches, and individuals to identify eligible beneficiaries based on the following criteria:

### Eligibility Criteria

- Single mothers raising at least one child (widows or women without a husband present).
- Vulnerable women facing financial, physical, or psychological hardship.
- Aged 18–45 with at least one child.
- Not receiving support from another organization.
- Financially dependent with no stable income.
- Committed to attending weekly training and income-generating activities.

## Selection Process



Through this structured process, we ensure our program reaches those most in need, equipping them with the tools for a better future.

# Shuruba Training – Preserving Culture, Empowering Women

## What is Shuruba?

Deeply rooted in cultural heritage and passed down through generations, Shuruba is a traditional hairstyling method involving intricate braiding and weaving techniques that embody the history, values, and identity of its practitioners, often incorporating diverse braiding methods and embellishments like threads or beads to create visually striking and unique works of art. Serving as powerful symbols of heritage and community pride, specific Shuruba styles can indicate age, status, or lineage and are frequently featured in cultural events, with their creation often being a communal activity that fosters social bonds and the transmission of cultural knowledge. For mothers, learning Shuruba is a vital means of preserving tradition, connecting their children to their cultural identity, and instilling a sense of belonging and pride, ensuring the continuation of this meaningful practice.

## Why Shuruba?

1. It is deeply rooted in Ethiopian culture and remains in high demand for special occasions and daily wear.
2. Hairstyling is a flexible, home-based business opportunity, perfect for single mothers balancing work and family.
3. The beauty and fashion industries are embracing traditional African hairstyles, creating even more market potential.
4. By equipping mothers with this skill, we are fostering cultural pride while opening doors to economic empowerment.







## Honduras

Tabitha Reach began operations in Honduras in June 2024. Starting with the legalization process and looking for opportunities that would strengthen the beginnings, we established ourselves in a municipal building in the community. Thanks to Mayor José Vicente León, who was interested in supporting single mothers.

On January 14, 2025, we were able to start with the first group of 23 single mothers in the acrylic nail course. Naming the group “Genesis”, which means the beginning of something big. We began by teaching the foundational module, observing the mother’s good receptivity and adaptation to the group.

Tabitha Reach has received support from the community and volunteers who have embraced our mission and vision of the organization.

The organization has been able to connect with people who want to be donors and part of the change that Tabitha Reach wants to bring to Honduras.

Our beginning in Honduras has been filled with gratitude and blessing. For us as part of the operations team it has been a very enriching experience. We have been able to see in each mother the desire to learn and greater awareness of themselves. Feeling supported and capable of changing their reality.

We have also been able to see how the people of our country have come together to make our vision possible. We thank all those who have joined Tabitha Reach as donors or volunteers. As a thank you to our donors in the offices we have drawn a tree of generosity that represents the donations of people that God has placed and will put on the path to bless the organization in different ways. We believe that no one has everything, but everyone has something to give.





## Genesis: “The beginning of something great”

Since January 14, 2025, 22 single mothers have been training with the curriculum developed by Tabitha Reach (Foundational, Business, Wellness, Parenting, Civic). It is worth mentioning that in the Foundational part, most of them discovered things that they had kept or hidden inside themselves, caused by episodes lived in most cases in their childhood, and by receiving these lectures they have been able to face these fears and learn how to face them today. They are also learning the skill of acrylic nails, which will open up job opportunities for them when they finish their training.

The Genesis group, most of them between 30-35 years old, is a persevering group, united and there is camaraderie to strengthen the learning, they attend punctually despite the different problems they face daily, they are driven to learn as much as possible to start their own business and thus generate income to improve their environment and the future of their children. The Business sessions have been engaging and transformative for them as it will help them to be more organized, make their own plans and budgets to grow in their businesses or jobs later on.

There is no doubt that we are looking forward to hearing many success stories from this group of single mothers after they complete their Acrylic Nails course.

## Plan For the Future

The impact of this initiative extends beyond individual empowerment, fostering significant community growth. Our business development courses have successfully enrolled over 100 mothers, demonstrating the strong interest and need for such programs within the community. Looking ahead, we are exploring opportunities for further expansion, including venturing into jewelry making to provide additional avenues for income generation and skill development. Furthermore, a key focus remains on strengthening our operational capacity, which includes launching a new office to ensure the long-term sustainability and reach of our programs.

- Over 100 mothers enrolled in our business development courses.
- Expansion into jewelry making, providing additional income opportunities.
- Strengthening operations and launching a new office for long-term sustainability.

## Acrylic Nail Design – A Trendy, High-Demand Skill

### What is Acrylic Nail Design?

Firmly established within contemporary beauty culture and driven by evolving fashion trends, Acrylic Nail Design is a professional technique for creating artificial nail enhancements. It involves the meticulous combination of a liquid monomer and a powder polymer, which react to form a malleable substance applied over the natural nail or a tip/form. This mixture air-hardens into a durable, strong surface. The practice incorporates diverse application methods and a vast range of design possibilities—from classic polish and gel finishes to intricate hand-painted art, ombre effects, encapsulations, and embellishments like rhinestones or 3D elements—creating visually customized and often striking nail presentations. Serving as powerful symbols of personal style, self-care, and fashion consciousness, specific acrylic nail designs can reflect individual personality, mark special occasions, or align with professional image requirements. While often performed in professional salons, the acquisition of this skill is frequently a dedicated learning process, involving technical training and artistic development.

### Why Acrylic Nail Design?

- It is a highly sought-after skill, deeply integrated into the global beauty industry and reflecting current fashion and self-care trends (as seen in places like Honduras).
- Nail artistry offers a flexible, potentially home-based business opportunity, perfect for individuals like single mothers balancing work and family.
- The beauty and fashion industries continually embrace diverse and innovative nail art trends, ensuring long-term demand for skilled nail artists.
- By equipping individuals (particularly mothers) with this skill, we are fostering economic empowerment while promoting creativity, professional confidence, and participation in the contemporary beauty economy.





# Success Stories



## Terefu's story

Terefu Mamo's journey has been one of resilience, transformation, and newfound hope. Originally from Debre Birhan, she moved to Addis Ababa to live with her sister. Over time, she built a family of her own, legally marrying and becoming the mother of two young children. However, her marriage quickly turned into a painful struggle. Her husband's drinking and difficult behaviour created an environment of instability, leading to emotional distress and hardship for Terefu and her children.

As her health declined and the weight of her challenges grew heavier, Terefu found herself at a breaking point. The stress and anxiety she endured took a visible toll on her; her appearance reflected the emotional toll of her struggles, her face marked by worry and exhaustion. But her story did not end in despair. Through Tabitha Reach's six-month training program, she found the support and guidance she needed to rebuild her life. "Tabitha worked on my mind and changed many things for me," she shares.

With renewed self-awareness and a strong sense of purpose, Terefu started her own small business selling children's clothing and essentials, determined to provide for her family. Today, she is a hardworking mother, filled with hope for the future. Not only has her outlook changed, but her physical transformation is also evident- she looks healthier, happier, and more at peace than when she first joined the program. Her children, once affected by the turmoil at home, are now thriving in school. "God has blessed my children's minds, they are achieving good results in their studies," she says with pride.

At Tabitha Reach, we believe in empowering women like Terefu by equipping them with confidence, skills, and financial independence. Our mission is to help women break free from hardship and step into a life of stability, dignity, and peace; creating a ripple effect that transforms entire families and communities.



## Alemnesh's Story

Alemnesh, a single mother and recent graduate of Tabitha Reach's Fikir Group training program in spice-making, is building a brighter future for herself and her child. From the moment she joined the program, her passion and excitement were evident, fuelling her commitment to learning and growth.

Before joining Tabitha Reach, Alemnesh sold small amounts of spices while working as a housemaid. Despite her hard work, her income was barely enough to provide a decent life for her and her daughter. She dreamed of something bigger but lacked the resources and knowledge to expand her business.

Through the training, Alemnesh not only gained technical skills but also experienced a powerful shift in mindset. She began thinking beyond her temporary comfort zone, embracing new opportunities and crafting a vision for a sustainable business. Inspired by the support and encouragement from Tabitha

Reach, she started selling spices alongside her housemaid job, with a goal of turning her side business into a thriving enterprise.

This transformation has not only given Alemnesh financial stability but has also empowered her to invest in her child's health, education, and future. "When I see Alemnesh, I see a woman who once felt lost but now carries big hopes; clever, courageous, and determined to change her life," says Semeret, the Country Director of Tabitha Reach Ethiopia.

Her story has become a source of inspiration for other women in the program, motivating them to pursue their dreams and take bold steps toward financial independence. Alemnesh's journey is a testament to the power of education, determination, and the life-changing impact of support systems that help single mothers overcome challenges and build a better future.

# Feature Article

## Breaking the Cycle: Stories of Resilience and Empowerment

By Dawn Ellgen, Tabitha Reach Board Member



Resilience is more than just enduring hardship—it's the strength to rise despite the odds, to hold onto hope, and to believe in a future that looks different from the past. Strength isn't about never struggling; it's about pressing forward even when the struggle feels impossible.

I was raised by a single mother who worked three jobs just to get by. Without a trade or skill, her options were limited to low-paying jobs, but that never stopped her from pouring every ounce of love into my two brothers and me. She was amazing—she did the best she could with what she had, and her resilience shaped me in ways I never fully understood until adulthood.

Recently, I had the opportunity to visit Honduras with Tabitha Reach, and I was deeply moved by a single mother we met there. She had two daughters and, despite overwhelming obstacles, she was determined to give them a better life. The love she had for her children radiated from her, just like my mother's did. But love alone isn't always enough to break the cycle of poverty—resources, education, and support are needed, too. That's where Tabitha Reach steps in.

The women of Tabitha Reach are warriors. They are survivors. They are the very definition of resilience and strength. Their stories are not just about struggle; they are about transformation. Through education, social support, and economic empowerment, these women are changing their futures—and, in turn, the futures of their children.

My hope for the women of Tabitha Reach is that they realize their worth, their power, and their ability to create a new path for their families. I hope they find not just financial stability but confidence in their voices, peace in their hearts, and joy in their journey. They are more than their circumstances. They are hope in action. They are breaking the cycle.

It is an honor to stand with them, to support them, and to witness their incredible strength. Together, we are not just changing individual lives—we are transforming generations.

# New Initiatives for 2025

## Expanding Opportunities for Mothers

As part of our ongoing commitment to empowering single mothers, Tabitha Reach is excited to introduce two major initiatives in 2025: Digital Literacy Programs and Expanded Mental Health Support. These new programs are designed to equip mothers with essential skills for economic and emotional stability, ensuring they are better prepared to navigate modern challenges and opportunities.

### Digital Literacy Program: Unlocking Economic Potential

In today's fast-paced, technology-driven world, digital literacy is no longer optional—it is a necessity. Recognizing this, we are launching a Digital Literacy Program to provide mothers with foundational digital skills that will help them access online job markets, improve their businesses, and connect with vital resources.

#### What Will the Program Cover?

- **Online Marketing & E-Commerce:** Teaching mothers how to promote and sell products online through platforms like Facebook Marketplace, Instagram, and TikTok.
- **Financial Management Tools:** Introducing digital banking, mobile payment applications, and basic bookkeeping to help mothers manage their finances more efficiently.

This program aims to bridge the digital divide, ensuring that single mothers are not left behind in an increasingly online economy. By learning these skills, mothers will be able to expand their businesses beyond their local communities, and increase their financial independence.

### Mental Health Support: Strengthening Emotional Well-Being

Single mothers face immense challenges, from financial struggles to social isolation and emotional stress. To address these issues, we are expanding our mental health support initiatives, ensuring that

mothers receive the emotional and psychological support they need, to build a stable future for themselves and their children.

#### Key Features of the Mental Health Initiative:

- **Group Therapy & Peer Support:** Creating a safe space where mothers can share their experiences, support one another, and build strong, supportive networks.
- **One-on-One Counseling:** Providing professional psychological support to help mothers overcome trauma, anxiety, and depression.
- **Stress Management & Resilience Training:** Equipping mothers with practical techniques to handle stress, set boundaries, and develop positive coping strategies.
- **Workshops on Parenting & Emotional Intelligence:** Helping mothers improve their relationships with their children and create emotionally nurturing environments at home.

By prioritizing mental well-being, we are empowering mothers not just to survive, but to thrive. Emotional resilience is just as crucial as financial stability, and through this initiative, we aim to give mothers the tools they need to navigate life's challenges with confidence.

#### Why These Initiatives Matter

Both of these programs address critical gaps in the journey toward economic empowerment and personal well-being. By equipping mothers with digital skills, we open doors to new income-generating opportunities. By supporting their mental health, we ensure they have the emotional strength and resilience needed to make the most of these opportunities.

As we roll out these initiatives in 2025, we are committed to providing continued support, training, and resources to ensure their long-term success. We look forward to seeing how these new programs transform lives and create lasting change for the mothers we serve.



## The Power of Economic Empowerment for Single Mothers

Did you know that financial independence is one of the biggest factors in breaking the cycle of poverty for single mothers? Studies show that when single mothers have access to stable income, their children have a 40% higher chance of completing their education and breaking free from generational poverty.

- Women reinvest 90% of their income into their families, improving nutrition, healthcare, and education for their children.
- Single mothers who receive vocational training can increase their income by up to 50% within the first year.
- Microfinance and small business programs have been proven to lift over 60% of single-mother households out of extreme poverty within five years.

- Access to stable employment not only improves a mother's financial situation but also reduces domestic violence rates and fosters stronger communities.

At Tabitha Reach, we are committed to providing marketable skills and income-generating opportunities to help single mothers gain financial autonomy. Whether through vocational training, digital literacy, or entrepreneurship support, we strive to ensure that mothers have the resources and knowledge they need to build a secure future for themselves and their children.

With these initiatives, we are not just empowering individual women—we are uplifting entire families and communities, breaking the cycle of poverty for generations to come.

## Volunteer Spotlight

Dr. Lidya Tenkir is a caring and dedicated medical doctor with a deep passion for helping people in need. She earned her medical degree from Hawassa University from Hawassa University comprehensive specialized hospital on February 2024.

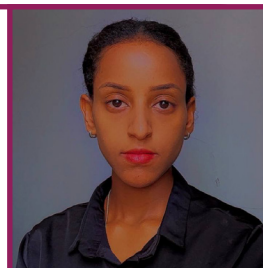
She is currently working as an intern at Tabitha Reach that supports single mothers, where they provide help to improve their well-being which aligns well with her passion to work on vulnerable community. She believes that true community development goes beyond temporary aid, it requires sustainable solutions that empower people to improve their own lives. She continually seeks new ways to serve vulnerable communities to work with humanitarian organizations, hoping to make a lasting difference in the wellbeing of underserved populations.

During college years, Dr. Lidya took part in many humanitarian activities. Through a campus group of students-led initiative she helped street children get an education by giving them study materials and mentoring them, she was also involved in identifying patients and their family at her teaching hospital who were struggling financially and helped them throughout their stay at the hospital. In addition, she spent time with critically ill patients, offering emotional support and comfort during difficult times.

Dr. Lidya has also volunteered at a public hospital and is committed to community service. She is currently attending MA in public health nutrition at Menelik II Medical and Health science college.

Lidya Tenkir, MD

Intern at Tabitha Reach Ethiopia







Salem Gebre is an intern at Tabitha, an initiative focused on empowering single mothers through financial independence and self-confidence. She is passionate about social change and believes that mentorship, education, and strong communities are key to building a better future.

Her dedication to this cause has been shaped by her journey, starting with volunteering at the YWCA in Addis Ababa, where she tutored underprivileged children and helped run a breakfast program for those in need. She later contributed to the Nehemiah Autism Center, assisting psychologists and organizing training for parents of children with autism. These experiences deepened her understanding of the challenges families face and fueled her commitment to uplifting others.

She is always open to learning and self-development, especially in service of those who need it most. At Tabitha, she contributes her skills in communication, mentorship, and program support to advance the organization's mission. Her background as a translator and interpreter enables her to connect with a diverse range of people, which is essential in an initiative where relationship-building is at the heart of the work.

Salem holds a Biomedical Engineering degree from Vellore Institute of Technology, India, and has pursued a postgraduate program in Data Analytics. Known for her dedication and strong work ethic. She continues to grow in her role at Tabitha and encourages others to join in creating meaningful change.

When she's not working, she enjoys connecting with people, learning new languages, and finding ways to support her community.

**Salem Gebre**  
Intern at Tabitha Reach Ethiopia

"For me, service is a way of life. And there is no greater satisfaction than to be able to serve others, unconditionally and without expecting anything in return, knowing that the seed we sow will germinate sooner or later".

Since September 2024, Esther has shown great interest in volunteering her time and connecting us with others who have joined our current group of volunteers. She has visited the building very often to see the progress of the group of single mothers and has shared her time with them. She has also accompanied us to various meetings with the mayor and others in the community.

Esther has the gift of serving others as God intended. In Tabitha Reach, Honduras, we are very happy to have people who want to leave a positive mark in the hearts of others.

**Gloria Esther Bardales**  
Volunteer at Tabitha Reach Honduras



# What You Can Do

## Amplify Our Voice:

01

Follow us on social media and share our posts to spread the word about the realities faced by single mothers and the work Tabitha Reach is doing.

Use your platform to talk about the importance of supporting single mothers and how small actions can lead to big changes.

## Support Our Programs:

02

Donate: Your contributions go directly to empowering single mothers through counseling, skills training, and micro-loans.

Support the program financially: Help us financially to expand our programs and reach.

## Volunteer Your Skills:

03

Offer your time and expertise by mentoring mothers, helping with skill training programs, or supporting organizational activities.

Join advocacy campaigns to reach more people and engage in meaningful dialogue about change.

## Advocate Locally:

05

Engage with your community to create local networks of support for single mothers. This could include establishing partnerships, hosting awareness campaigns, or encouraging businesses to offer employment opportunities to single mothers.

## Attend or Organize Fundraising Events:

04

Participate in events hosted by Tabitha Reach or organize your own to raise funds and awareness for our cause.

Support Tabitha Reach and empower single mothers to thrive, not just survive. Every contribution fuels resilience, equality, and lasting change.



# TABITHA REACH

Help A Mom Save A Family



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