

# Individual Wellness Programs

AFRICA  
**JIPENDE**  
WELLNESS

## Why choose our programs:

- Choosing our programs will give you a safe place to talk about life struggles, such as feeling overwhelmed, feeling resentment, feeling fatigued, feeling anxious and feeling hopelessness. It can help you pave your way to happiness.
- Our programs will connect you with a non-judgemental guide who will walk with you as you try to understand your difficulties and the coping skills you had adopted in order to survive your environment or your adversary. Our trained psychologists have diverse disciplines such as sociology, which assist them in having a deeper understanding about culture, religions, and the impact it has on our community mental health and our community lifestyles.

## What are the programs:

- Self-awareness package: If you want to understand the basic about yourself, your psychological stressors, and your emotional difficulties then this is best suited for you. Package: It includes 4 sessions across two specific months.
- Mental wellness package: This package is for those who need medicalization through the assistance of a psychiatrist and a psychologist.
- Self-development package: If you want to understand yourself further or your emo-

tional distress is too overwhelming for you to handle beyond the self-awareness program, then this is best suited for you. Package: It includes 12 sessions across three specific months. It's a tailored approach.

- After care programs are there for clients that have completed our wellness program (Follow up sessions).

## How our sessions are organised:

- Depending on your needs you will be advised on the individual wellness programs that is best suited for you.
- You will be given an option to choose between online therapy and home based therapy.
- You will be paired with a trained and certified psychologist.
- Each session is 45 - 60 minutes.

## Disclaimer:

There are limits to what our programs can provide you with and it's not guaranteed instant change. However, individual change depends on you and the effort you put in.

## How to apply:

Phone: +254 745 601 992 (Safaricom) +254 735 432 045 (Airtel)

Email: [info@africajipendewellness.com](mailto:info@africajipendewellness.com)

# Group Wellness Program:



## Types of therapy:

- Couples
- Family
- Groups

## When choosing group therapy:

- People interested or refereed should consider whether they are comfortable sharing their experience with people?
- They should think about what group therapy model they prefer?
- They should think about whether they prefer in person or online?

## How our sessions are organised:

- Depending on your needs you will be advised on the types of group therapy that we offer.
- You will be given an option between online therapy and Homebase (in-person) therapy to select from.
- A trained and certified psychologist will lead a small group of people.
- The numbers can range from 5 – 20 people (it's all dependent)
- Each session is 60 - 120 minutes.

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# School Wellness Program:



## How our sessions are organised:

- Depending on the school and students needs a program will be designed for them.
- A trained and certified psychologist shall be paired up with the school
- Each session is 60-120 minutes
- 5 hours for a full day outreach program

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# Corporate Wellness Program:



## How our sessions are organised:

- Depending on the company and their employee's needs a program will be designed for them.
- The corporate will be given an option to choose between online and office based therapy.
- A trained and certified psychologist shall be paired up with the company.
- Each session is 60-120 minutes

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