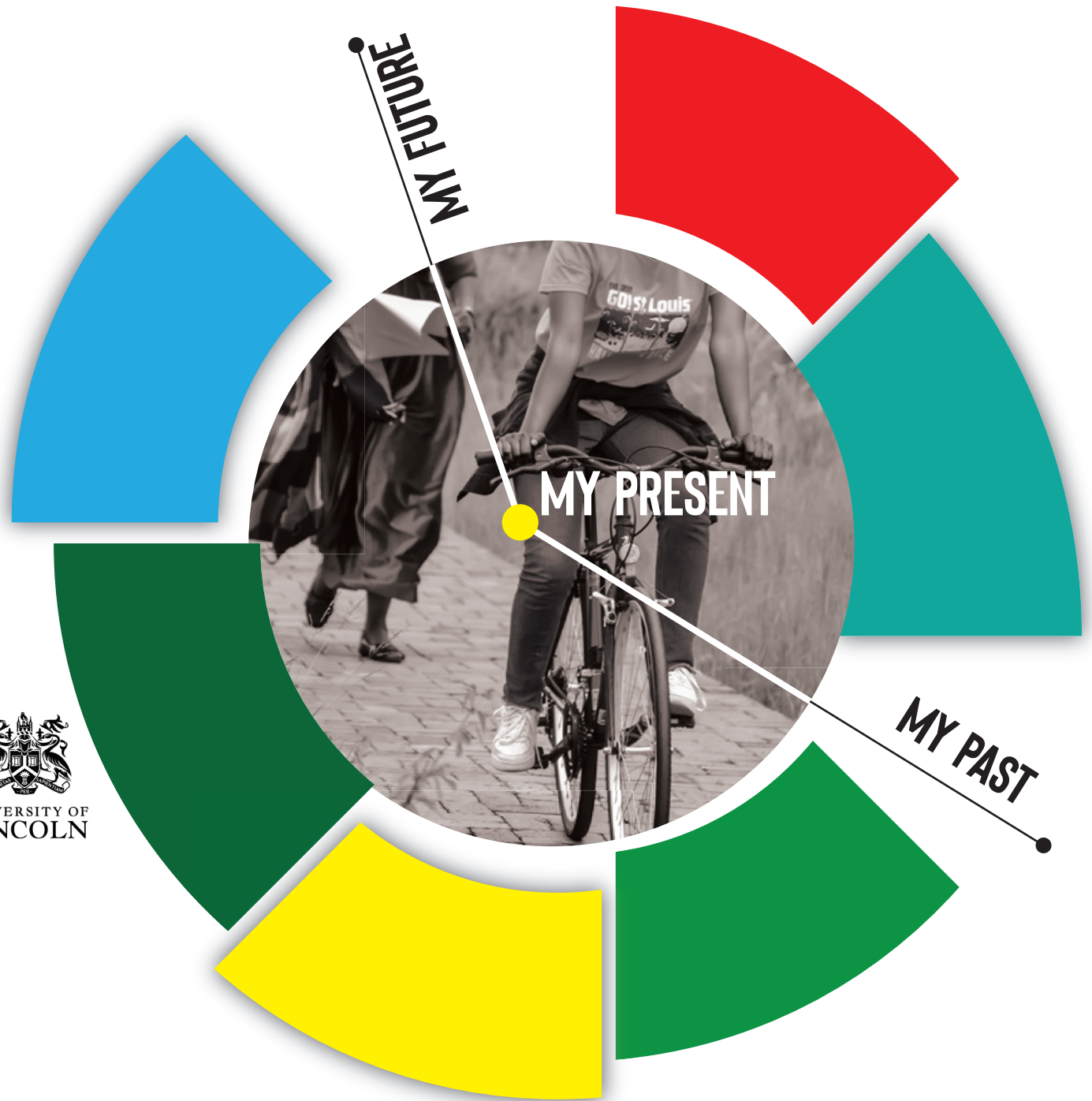


# MY ALBUM

by Uyisenga ni Imanzi



# ACKNOWLEDGMENTS

We express our heartfelt gratitude to MAP, healing clubs in partnership with UYISENGA NI IMANZI across various schools in RWAMAGANA, Kigali city, Huye, and Rubavu districts.

We acknowledge your dedicated efforts in promoting mental health awareness, providing support, and engaging in peace-building and conflict management. Your commitment to self-healing and assisting others is highly appreciated. Furthermore, we extend our gratitude to the teachers and student facilitators of each club, recognizing the significant support from your school leaders to.

Thirdly, we would like to express our thanks to our valued partners and donors: MAP Network Plus, especially Professor Ananda Breed at the University of Lincoln, University College London, University of Brighton, Dr Marlon Moncrieffe, University of Edinburgh, Janaki Women Awareness Society, and the KWETU Film Institute. We express our gratitude to IMBUTO Foundation and RWANDA Biomedical Center our partner in mental health engagement in Rwanda.

Lastly, we want to recognize the tireless efforts and contributions made by the staff at UYISENGA NI IMANZI, showcasing an unwavering commitment to promoting the mental health and well-being of the youth.

Your dedication has played a crucial role in fostering a positive impact on the lives of those you serve.

# MY ALBUM

Art serves as a transformative and expressive medium through which young children and adolescents can articulate their thoughts, emotions, and experiences, creating a unique platform for the sharing of their past, present, and future. This creative outlet not only facilitates self-expression but also plays a crucial role in promoting mental health and well-being among this demographic. The arts serve as a powerful vehicle for navigating the intricate landscapes of the young mind, providing a clear road towards mental well-being.

Metaphoric expression within the realm of art proves to be a particularly effective method for externalizing difficulties and challenges that young individuals may encounter in their lives. Through the use of symbols, colors, and imagery, children and adolescents can communicate complex emotions that may be challenging to put into words. Art becomes a form of language that transcends verbal communication, allowing for a more profound exploration and understanding of their inner worlds. This process of externalization not only aids in identifying and processing emotions but also serves as a therapeutic mechanism for coping with challenges.

The peer-to-peer platform established through artistic expression becomes a dynamic remedy for renewing the mental health of adolescents and children. Art provides a communal space where young individuals can share their creations with peers, fostering a sense of connection and understanding. This collaborative environment encourages empathy and support among peers, creating a network of shared experiences. The act of creating and sharing art becomes a catalyst for building a supportive community that acknowledges and validates the diverse range of emotions experienced by young minds.

Moreover, the arts offer a tangible representation of the developmental journey of children and adolescents. Artistic creations act as visual narratives, documenting the evolution of their thoughts, aspirations, and challenges over time. This serves not only as a personal reflection but also as a tool for adults, educators, and mental health professionals to gain insights into the inner workings of the young mind. By understanding the symbolism and themes within the art, caregivers can better comprehend the emotional needs of children and adolescents, facilitating more effective and targeted support.

Incorporating art into the mental health and well-being of young individuals goes beyond mere creative expression; it becomes a holistic approach to fostering resilience, self-awareness, and emotional regulation. Art serves as a mirror reflecting the internal struggles and triumphs of children and adolescents, allowing them to see and understand themselves more clearly. This process contributes to the development of a strong sense of identity and self-esteem, crucial components of positive mental health.



This album of arts stands as a poignant collection, documenting the transformative journeys of young children engaged in healing clubs across multiple schools in Kigali, Huye, Rubavu and Rwamagana districts. Each artwork serves as a visual testament to the profound narratives of these children, vividly portraying their painful pasts, current challenges, and aspirations for the future. The vibrant tapestry of colors, symbols, and metaphors within the artworks encapsulates the resilience and courage displayed by these young minds. Through this expressive medium, the album provides a window into the intricate landscapes of their experiences, fostering a deeper understanding of their individual stories within the broader context of healing and growth.

# Past

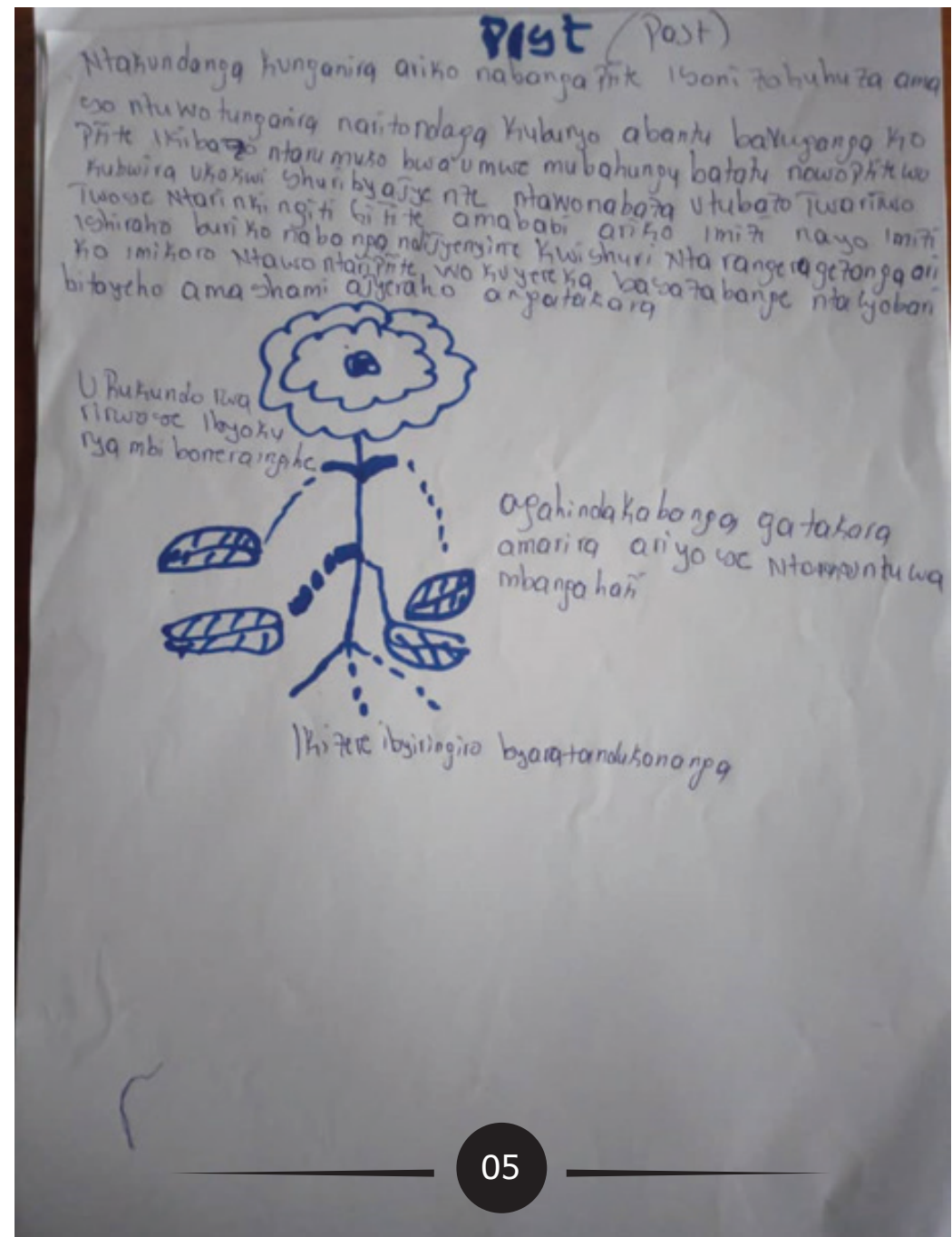
Students within the club describe their past using an arts-based method, which involves carrying their heaviest burdens, navigating numerous problems, living without support, enduring hard times, losing parents, facing isolation, lacking friends, experiencing loneliness, lacking interests, and enduring poor standards of living. When reflecting on our lives, it is crucial to consider the past, present, and future.

Understanding the past is essential for comprehending current thoughts, feelings, and behaviors. What has influenced you, whether positively or negatively? Reflect on events and people that have left an impact. Identify past hurts that may still affect you today.

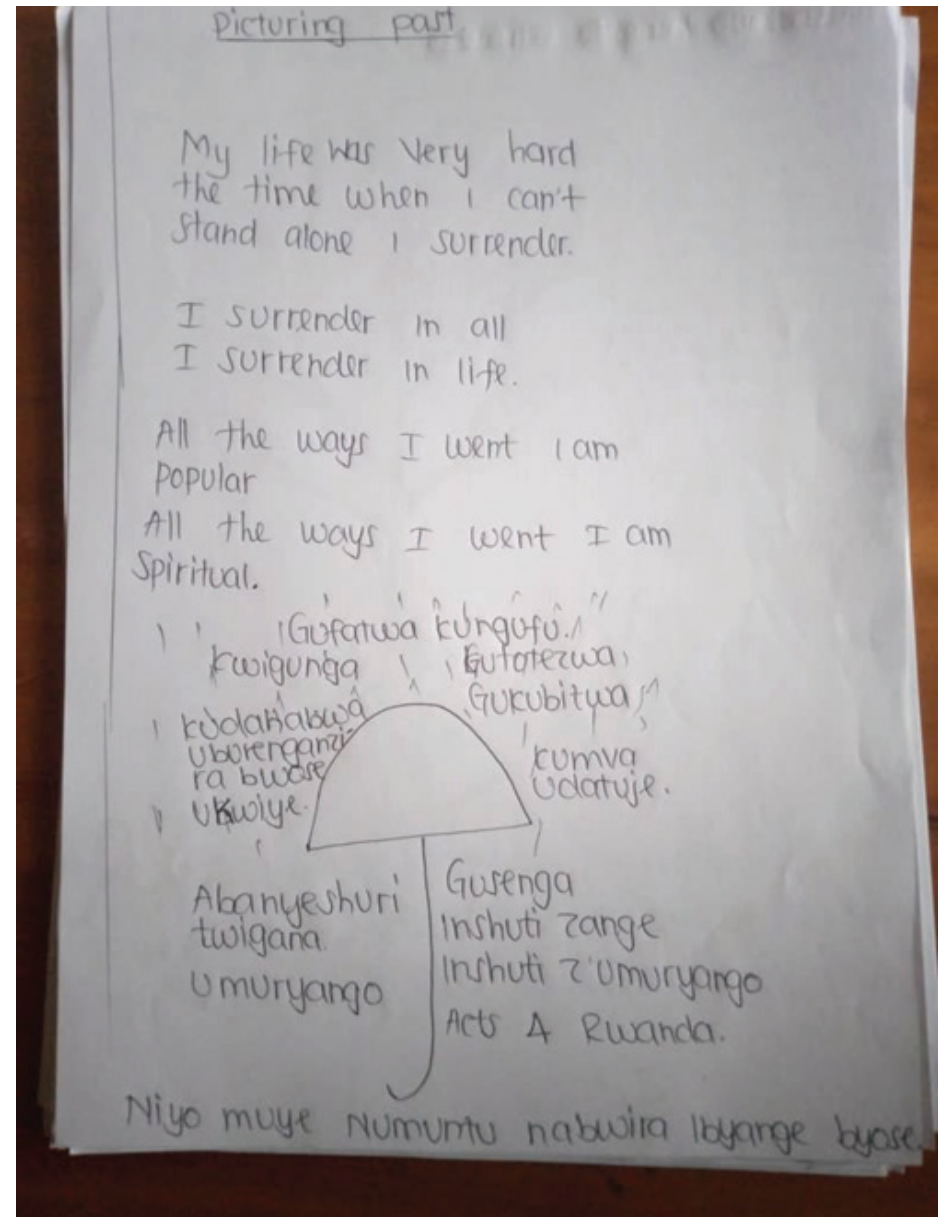
By concretizing our past through the arts, we gain a better understanding of ourselves and can craft a coherent narrative for our lives. All the pictures below have been created by participants in MAP clubs (Mobile Arts for Peace).

## 1. Hope beyond depression

In my home, despite having three brothers around, loneliness clung to me like a shadow. No one seemed interested in asking about my feelings, leaving me in a silent world of my own. It was a peculiar isolation, surrounded by family yet feeling emotionally distant. School wasn't much different. Shyness wrapped around me like a cloak, making it challenging to connect with others. I felt like a tree with many leaves, each representing a part of myself. However, two leaves stood out, one vivid with the colors of love and care, while the other wilted under the weight of depression. It was like I carried contrasting emotions within, a mix of warmth and sorrow. In moments of reflection, I envisioned myself as this tree, standing with only one root – a symbol of hope. Despite the loneliness and the contrasting leaves, hope remained my anchor. It was the source of strength, reminding me that even in the midst of emotional challenges, there was a foundation to build upon. This singular root whispered of resilience and the potential for a brighter future, offering a glimmer of optimism amid the complexities of my emotional landscape.



## 2. I surrender all to the God my shade for pain



### 3. Carrying the burden

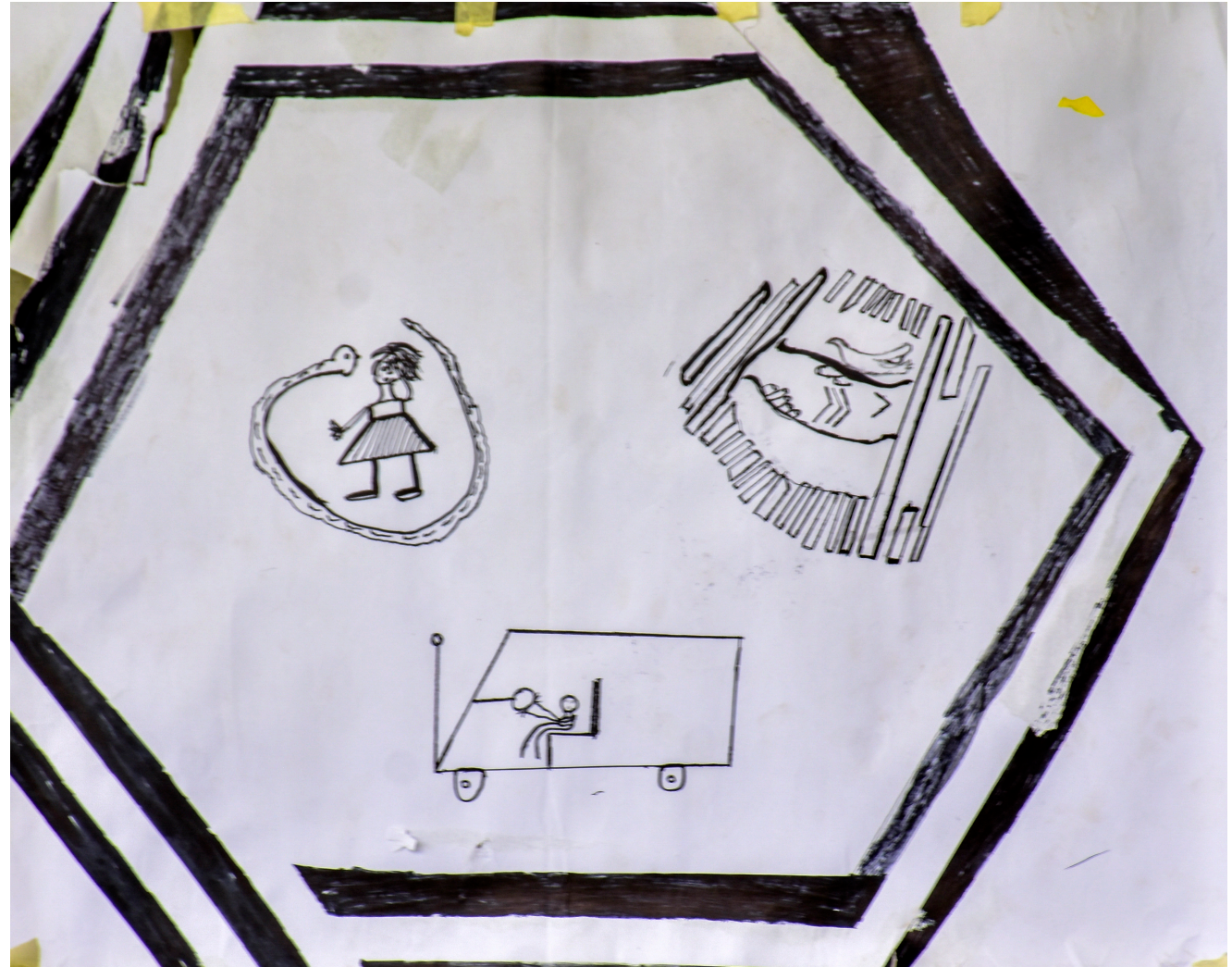
In the intricate tapestry of life, I navigate challenges, depicted as heavy burdens weighing on delicate shoulders. Despite the daunting problems—be it the absence of support, the shadows of loneliness, or the harsh realities of an insufficient standard of living—I find solace in prayer. In the quiet moments of introspection, among the weight of adversity, prayer becomes a wellspring of strength. Each supposed appeal serves as a source for resilience, offering a shine of hope in the face of overwhelming circumstances. Through the art of prayer, the student weaves a narrative of fortitude, transcending the burdens that seek to define their journey.





#### 4. Surrounded by problems

Picture this: I am surrounded by lots of problems. It's like problems are all around, making life feel hard. Maybe there's not much help, and it feels like being stuck. But, you know, in every tough situation, there's a chance for something good. Maybe it's finding a friend or figuring out a solution. Even though it might seem overwhelming, taking one step at a time can make a difference. So, in the middle of all those problems, there's still room for hope and ways to make things better. It's like finding a path through a maze – not easy, but possible. narrative of fortitude, transcending the burdens that seek to define their journey.

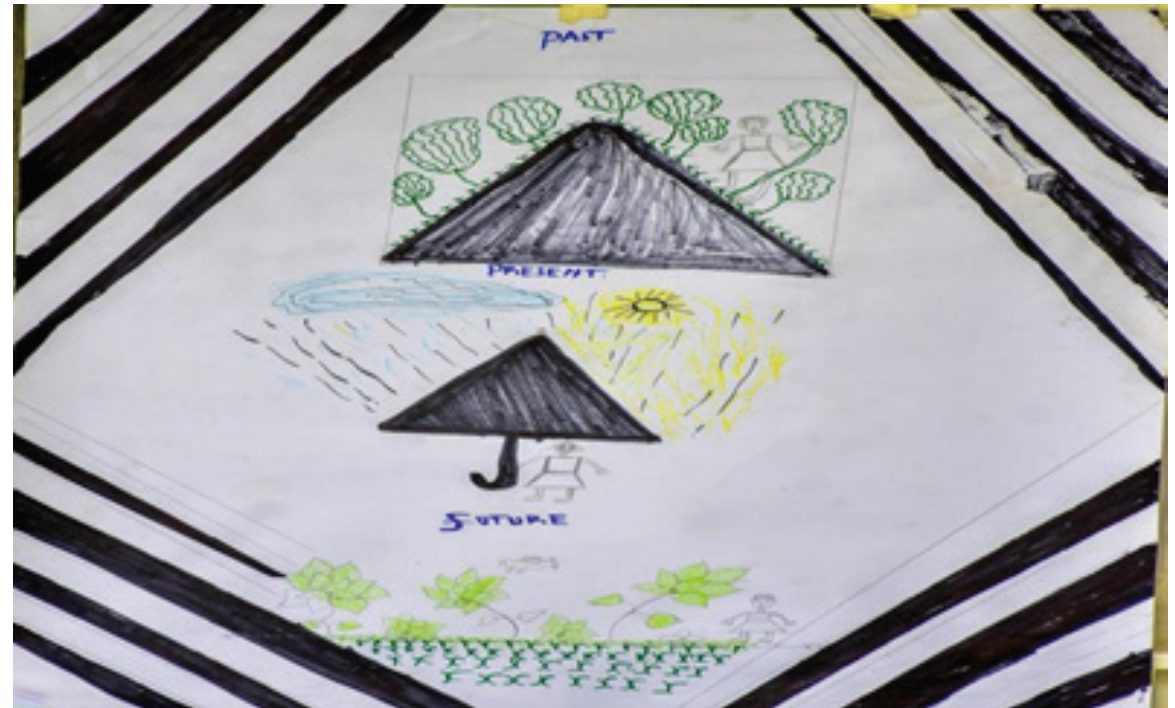


## 5. High mountain with thorns

Life was like climbing a big mountain covered in lots of trees, thorns, and bushes. Picture it as a tough journey from the bottom to the very top. The way up is not smooth; it's full of challenges, just like when you have to go through thick trees and thorns. Those challenges in life can be like pricking thorns or bushes blocking your path.

Reaching the top, where I want to be, was really hard. Each step feels like pushing through the dense bushes, needing you to be strong and keep going. But here's the thing – as you climb, the view from the top gets better. The struggles I face make me stronger, just like getting through thorns makes reaching the top even more rewarding. The hard journey turns into a lesson, teaching me to keep going and grow stronger.

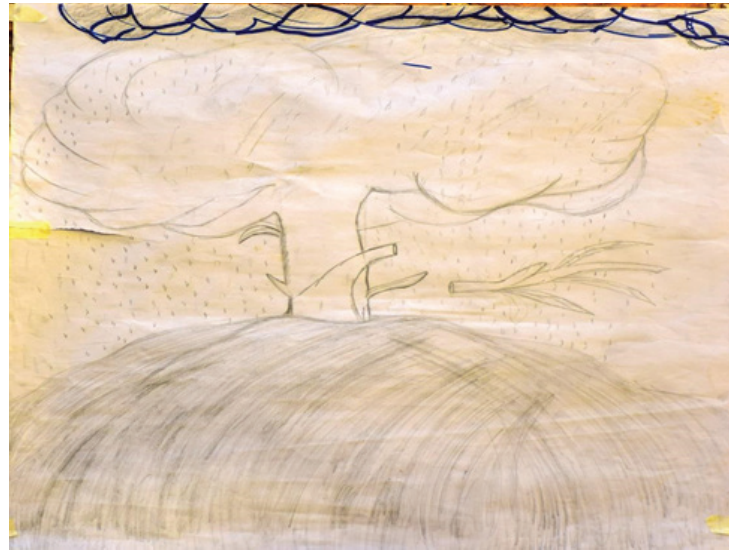
Life's like climbing a mountain with thorns – it might be tough, but overcoming the hard parts makes reaching the top feel amazing. The climb teaches you to be tough, never give up, and appreciate the beauty of making it through tough times.



## 6. Tree without branch

In the artistry of a MAP club student's drawing, a poignant narrative unfolds, capturing the essence of a past marked by profound loss. The image portrays a life bereft of everything, similar to a tree exposed of its branches. The absence of branches, like missing limbs, symbolizes the emptiness and hardship that I faced. Each leaf, delicately drawn or perhaps left untouched, becomes a poignant representation of the student's misery. In this visual biography, the tree without branches summarizes a story of desolation, where every leaf lost signifies a challenge or setback.

The artist's creation communicates a profound message about the struggles endured, similar to a tree standing solitary in its starkness. Through the absence of branches, I represent the depth of loss experienced, creating a visual metaphor for the challenges that overshadowed my life. Yet, within this moving representation, there's an unspoken resilience – the persistence to endure despite the barrenness. The leafless tree becomes a testament to the strength that lies within, an enduring spirit that survives even the harshest winters. This powerful artwork not only reveals the struggles of the past but also hints at the potential for renewal and growth, suggesting that, just like trees regain leaves in spring, there is hope for a brighter future.



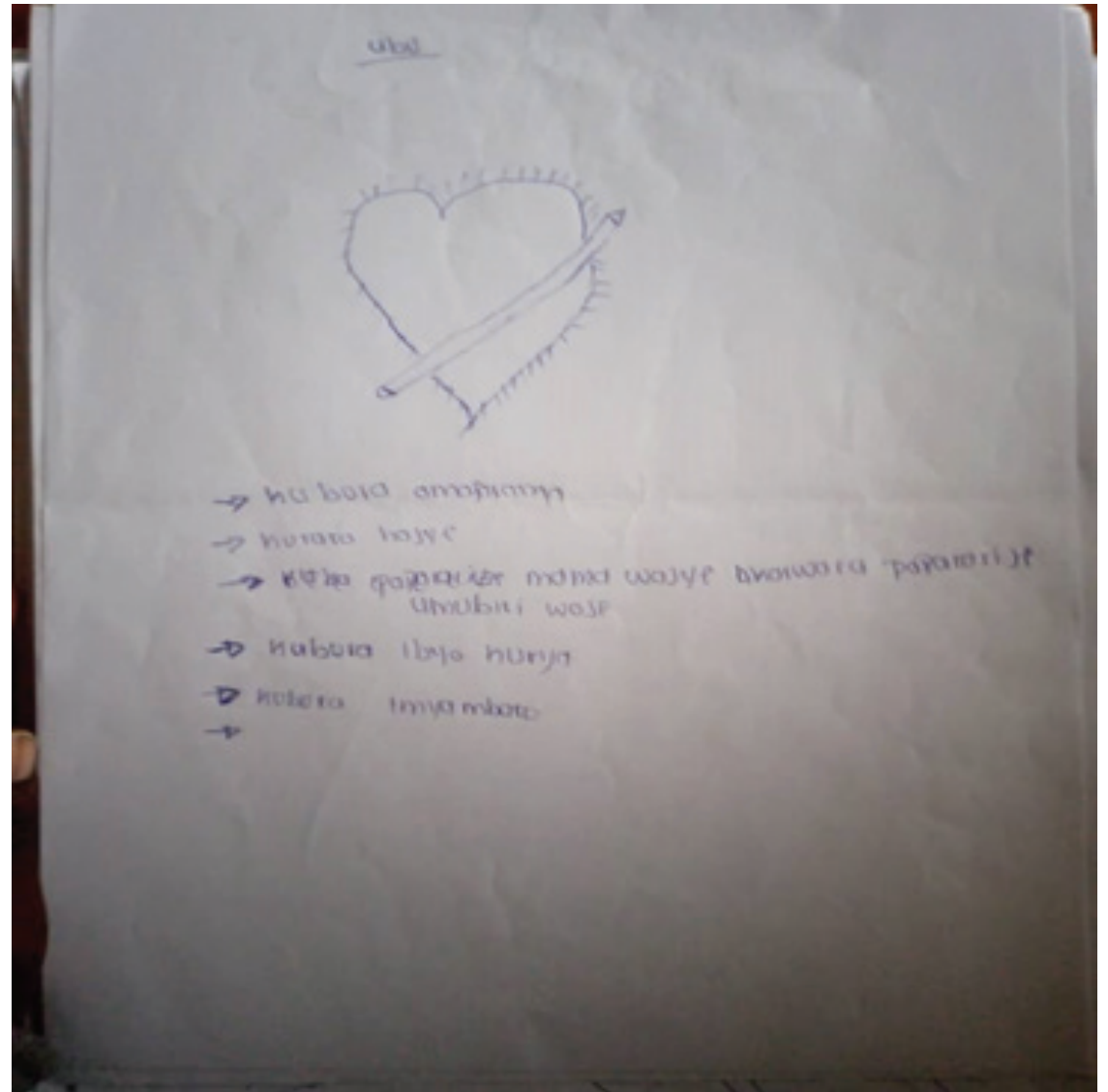
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## 7. Pierced heart

A heart with wounds, each hurt is like a heavy burden. Being left by my father, and my mother got paralyzed and being on the street made my life super hard. The heart felt sad, as I have been through a lot. The pierced heart conveyed a message of past pain, just as the rain served as a symbol of family troubles and tears shed in the past.

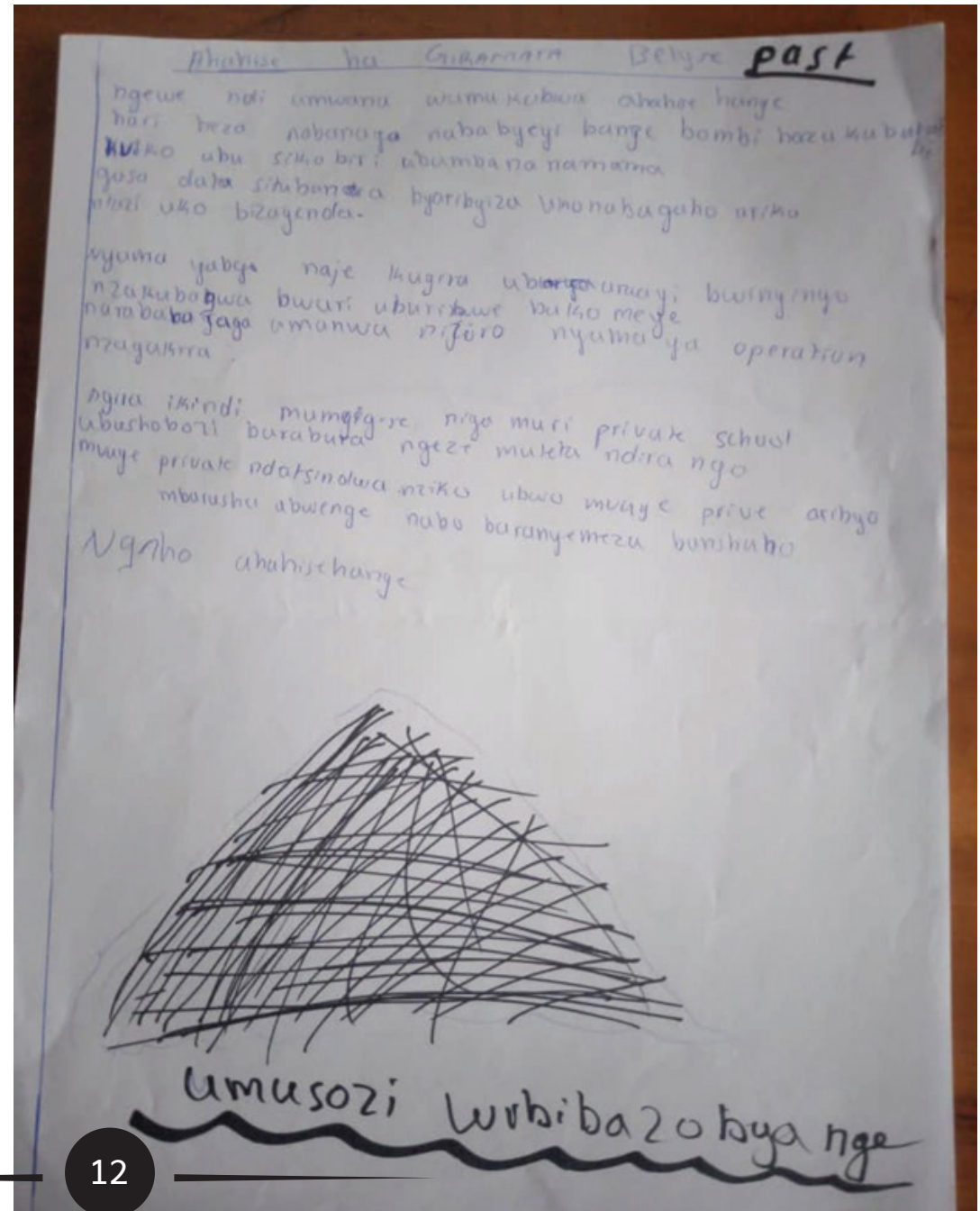


## 8. A mountain of problems

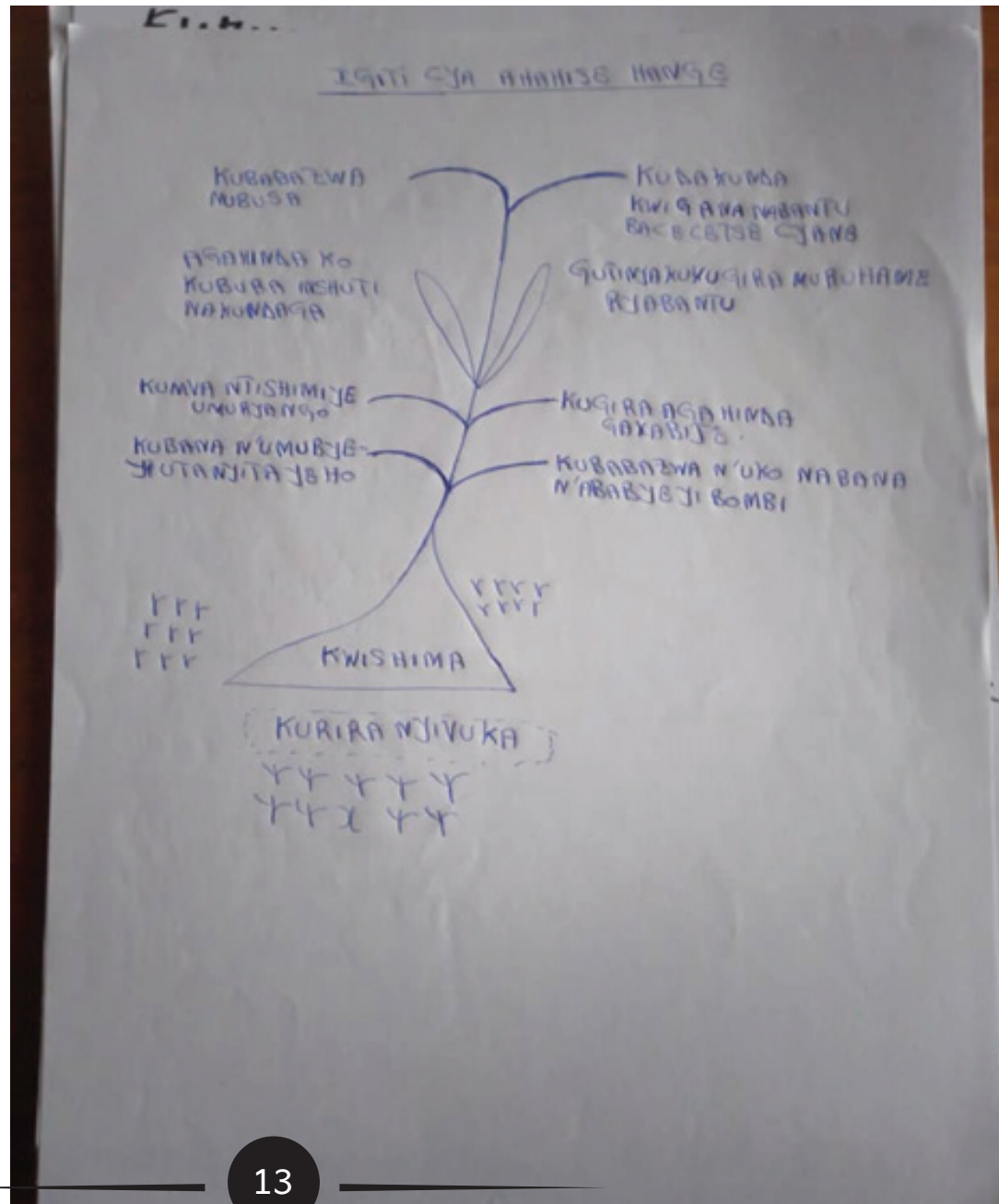
Once upon a time, I felt like I was climbing a huge mountain of problems, especially after losing my parents. It's tough not having Mom or Dad around to guide me through life. Then, there's the added weight of no school fees, turning my dream of going to school into something distant and hard to reach. Each step up this mountain feels steeper.

On top of that, I faced another challenge: moving from one family to another. Imagine not having a stable home, always shifting from place to place, like carrying all your belongings with uncertainty about where you'll sleep next.

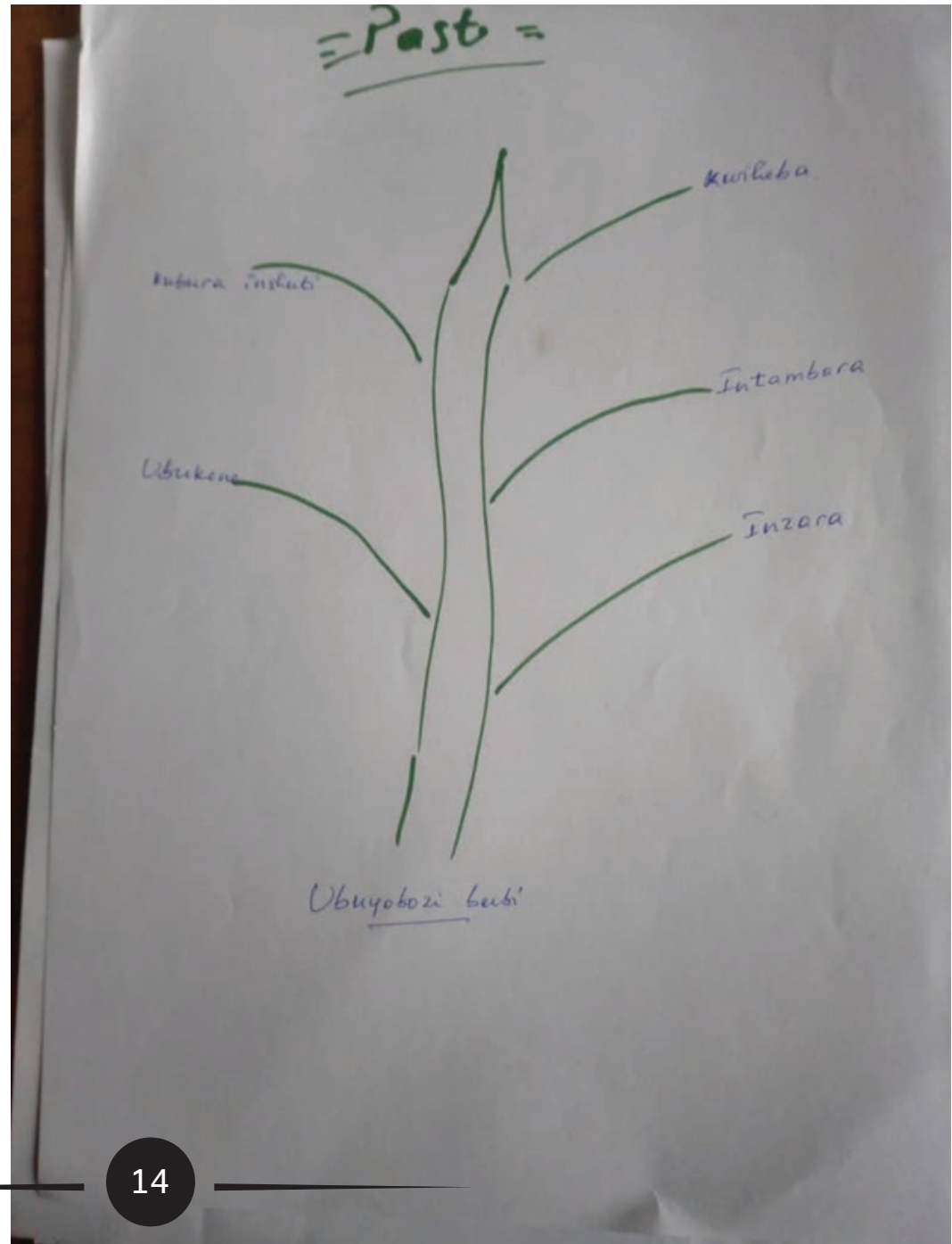
But in every tough story, there's a bit of hope. Sometimes, kind people come along, offering a helping hand to climb down that mountain.



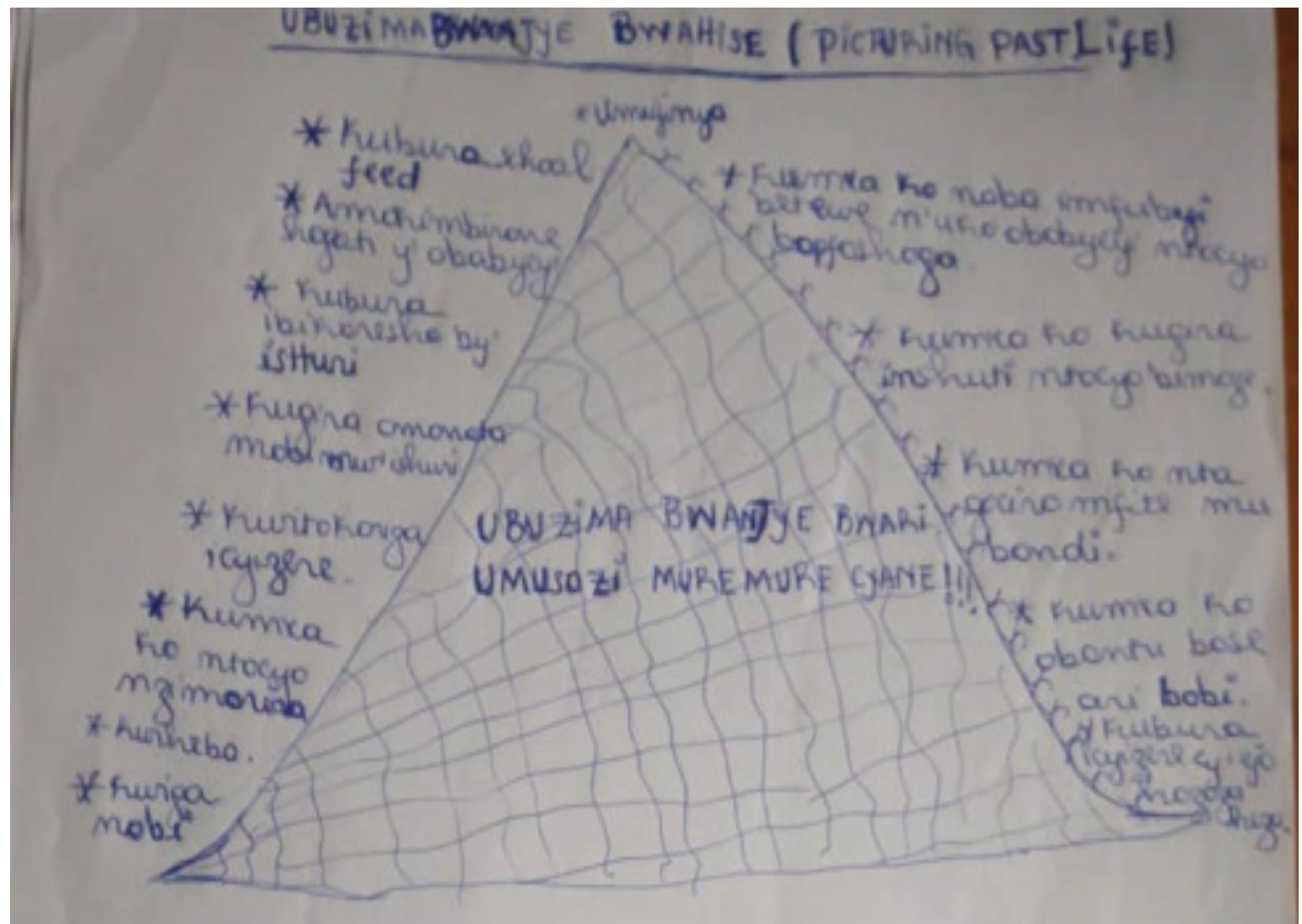
9. A tree of hardship



10. Tree of difficulties

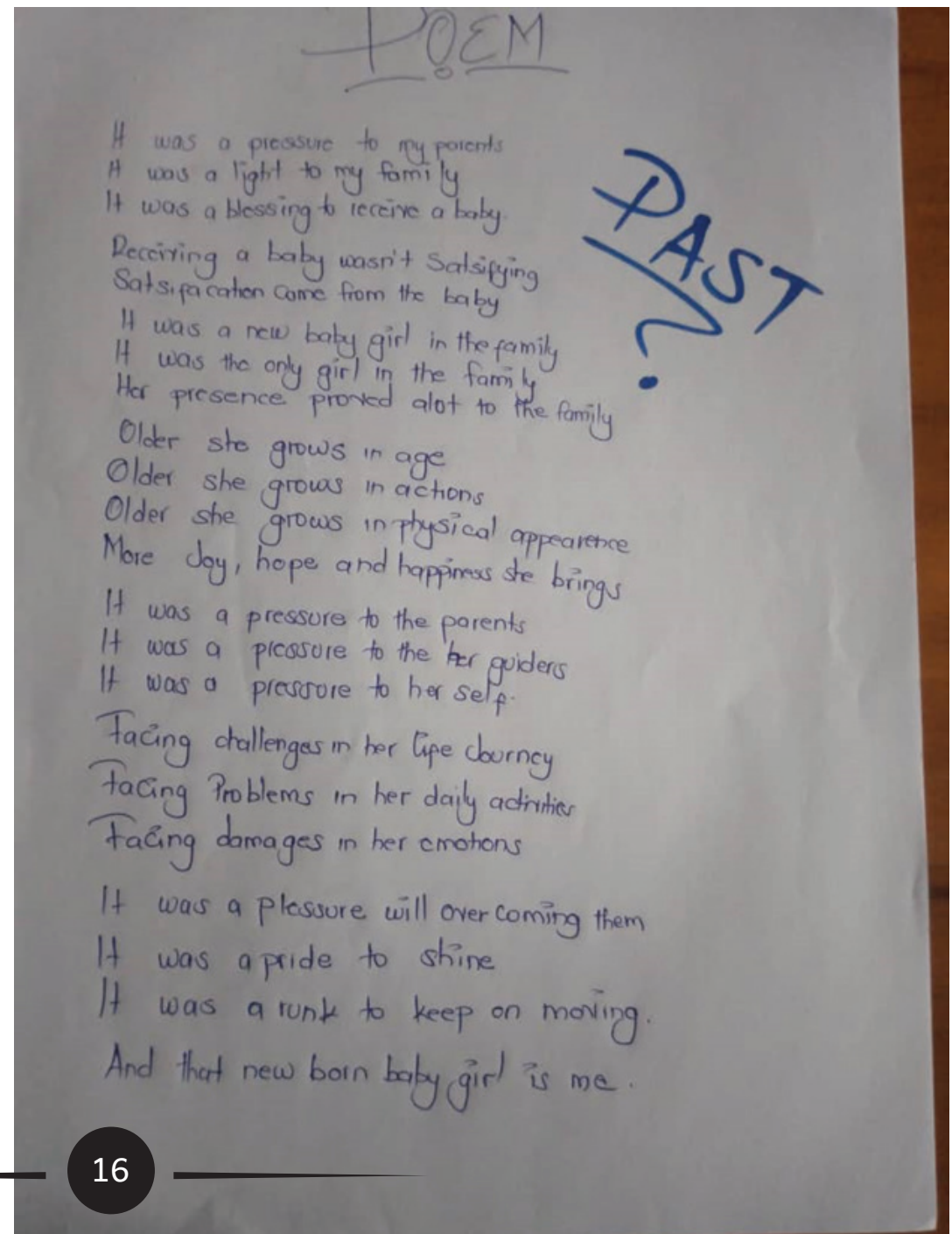


11. A long mountain





## 12. I was a blessing to my family



# Present.

Despite the challenges of the past, visualizing the present through the images below creates a clear pathway to the future, echoing the Rwandan saying, "Utazi aho ajya agirango aho ageze hose niho yajyaga". There is much to gain by contemplating the present, not only for young people but also for adults. It provides an opportunity not only to externalize one's challenges but also to nurture a narrative of resilience.

Summarized into pieces of art, the present is depicted with elements such as a supportive family, a strong protective factor symbolized by an umbrella metaphor, the implementation of prayer as a comforting ritual, and active engagement in peace-building efforts. However, there are individuals grappling with mental health challenges, including issues like drug abuse, drug addiction, painful hearts, loneliness, and family conflicts. These challenges have the potential to lead to mental health disorders, as illustrated by MAP club student participants.

Even young individuals within the club are depicted as struggling with mental health issues, experiencing feelings of loneliness, sadness, appearing tearful, and grappling with a sense of worthlessness, among other emotional challenges. The artwork serves as a powerful representation of the complex tapestry of the present, showcasing both strengths and struggles in the journey towards a resilient future.

## 1. Child protection

MAP Club students drew this picture showing how child must be protected through preventing family conflicts and giving and maintaining their rights including rights to play, right to education etc.



## 2. I'm lost but no one knows

Map students club drawn this picture by showing how depression in young people is , as shown in this picture even young are battling with depression.

Trapped in darkness with an unfair childhood. Family conflicts, hunger, and abuse have left me feeling lost, disconnected from my own identity. The weight of these struggles casts a shadow over my existence, yearning for understanding and support in this isolating journey.





#### 4. Drug abuse

Map students club have drawn the picture showing individual who is abusing drugs as well as an impacts it had on him.

In a bleak environment saturated with the influence of drugs, the perilous path of addiction touches not only our parents and siblings but also resonates within our neighborhood. The relentless pull from fellow children, entangled in the clutches of the drug culture, exerts a constant force attempting to draw us back into the ominous realm of substance abuse.

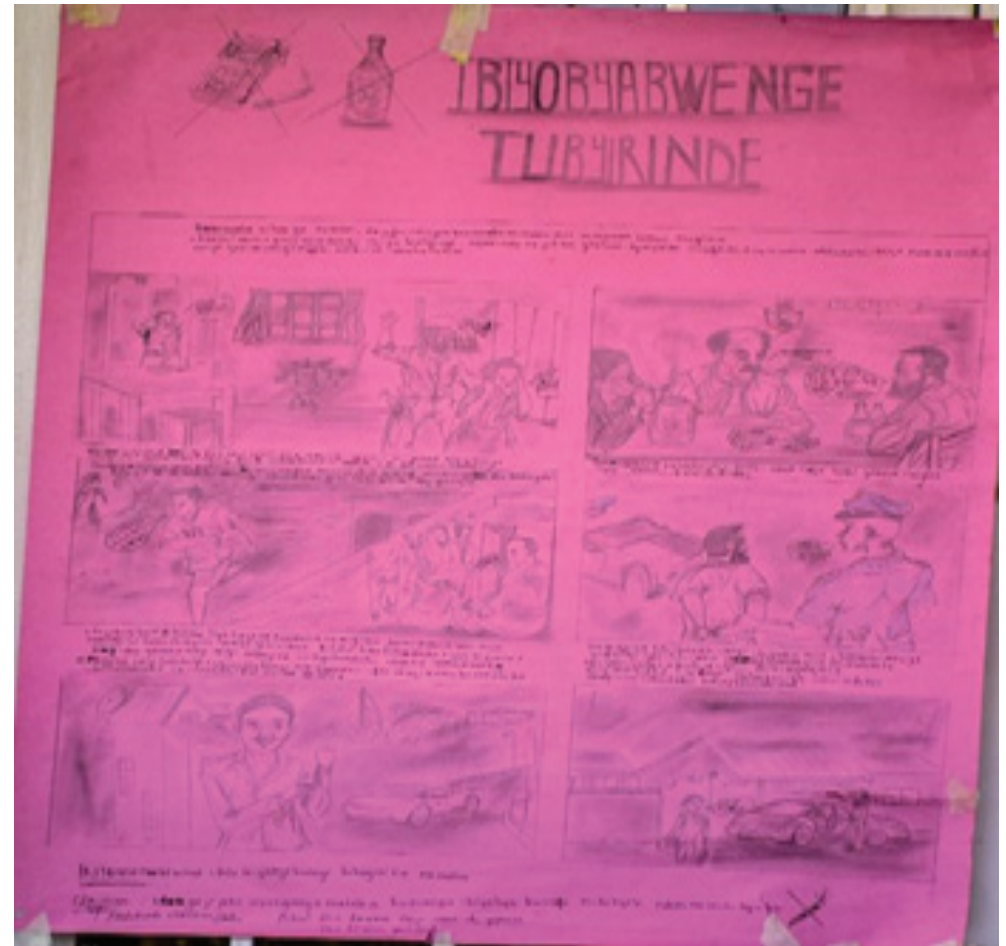
Having experienced the harsh realities of the streets firsthand, I've gained an intimate understanding of their dangers and hardships. Fueled by this knowledge, my resolve is steadfast—I am determined never to wish for a return to the perilous streets.



## 5. I am living witness of impact of drug addiction

MAP students club also drawn this picture showing drug addiction and various impact it had on those who are addicted as they have shown on the picture shows someone who are using drugs and and then go home and beating his wife and police carry him into prison meaning that drug addiction can lead to family conflicts, poverty ,etc.

As a 12-year-old, I find myself carelessly thrust into the disconcerting world of drug addiction, surrounded by its pervasive impact. My parents, brothers, and even neighbors succumb to the clutches of substance abuse, transforming our once harmonious community into a somber backdrop of despair. The atmosphere is heavy with the lingering consequences of addiction, casting a shadow over daily life. It's disheartening to witness fellow children, once playmates, now pulled into the tempting whirlpool of drugs. Their influence poses a constant threat, tempting us to stray from the innocence of childhood. Having ventured briefly into the unforgiving streets, I carry the weight of those experiences, vowing never to return. As a working witness to the profound effects of drug addiction, I yearn for a brighter, safer future, where the laughter of children drowns out the ominous whispers of substance abuse.







## 7. Family conflicts that results into mental health:

### I am afraid of my family future

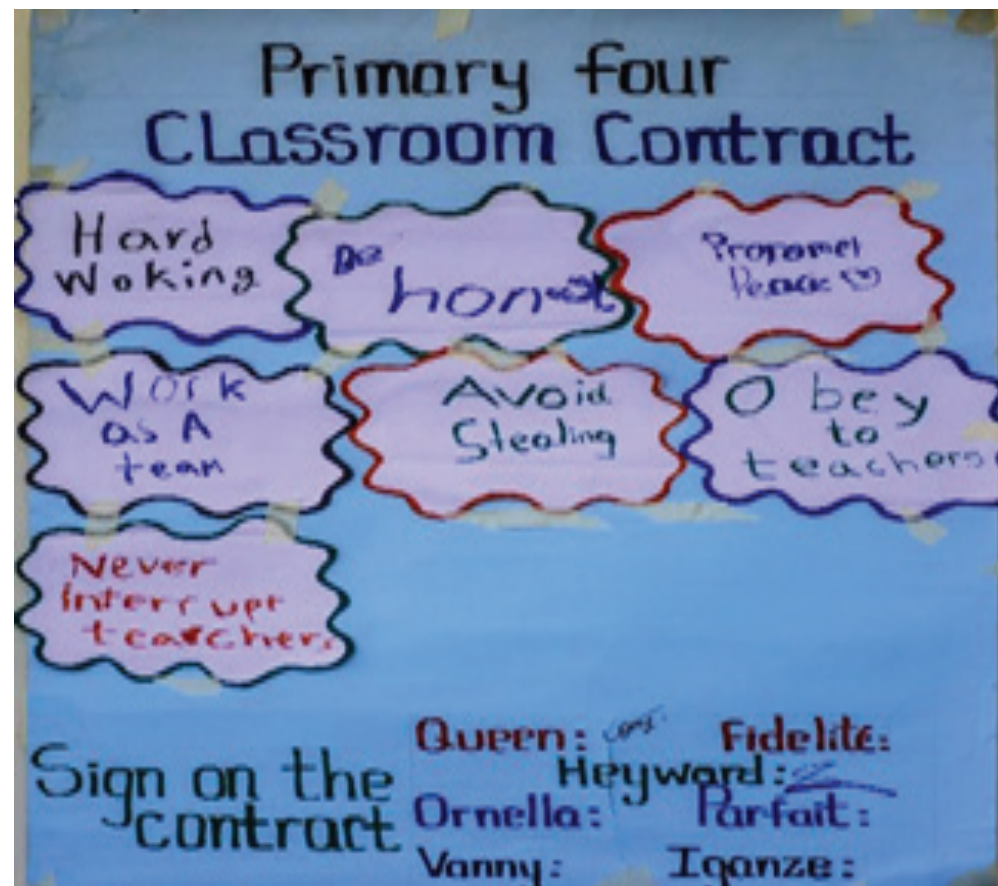
This picture shows a husband who is talking to his wife in harassment way and the wife appear sad so this shows how family conflicts can results to mental health issues.

In this picture, a man is saying mean things to his wife, and she looks really sad. It shows how fights in families can make people feel really bad in their minds. The man seems kind of angry when he talks, and the woman looks like she's hurting inside. The picture tells us that family problems can mess with our feelings and make our minds not feel good. Seeing how the man talks and the woman's face shows us that when families argue a lot, it can make someone feel really down. It's like a reminder that when people in a family don't get along, it can make things tough for everyone's emotions. The picture is like a snapshot of how words and feelings mix in families, and it's a sign that it's important for families to try and get along so no one feels bad inside.



## 8. Good morals at schools

MAP club students have drawn the picture showing good morals at schools which includes hardworking, honest, peace building, team work, obeying to teachers, etc.



## 9. We are lonely children

This picture drawn by MAP club student's participant by showing that this individual is experiencing loneliness as a sign of mental health disorders.

At home, it's often just me, and sometimes it feels a bit lonely. I don't have brothers or sisters to play with, and the house is quiet. But even though I'm a lonely child, I've found ways to make things fun. I make up stories in my head and have imaginary friends. My toys are like buddies, and we go on adventures together. Even though there aren't many people around, I've learned to enjoy my own company.

Loneliness can make me a little sad, but I've discovered that books, drawing, and thinking about cool stuff help. It's like having a special world inside my head where I can be happy. Being a lonely child teaches me to be strong and find in small things, even if there aren't many people to share them with. In my own way, I'm learning and growing, making the most of what I have.



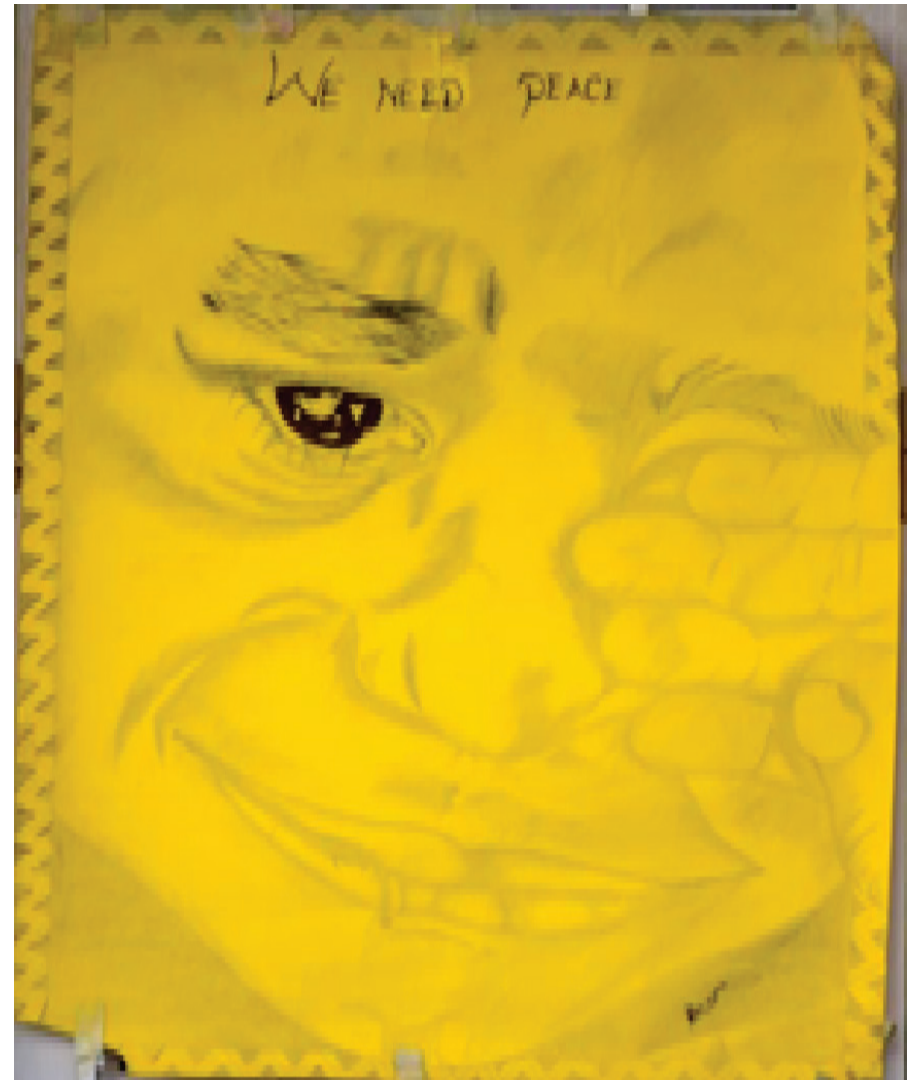
## 11. We need peace and safety

These pictures show the different stories of lives these people are living in using the following drawings. Here is the portrait of people who is blue seems to be desperate for future and he/she is crying and she/he is asking for a help to get a peace in his/her life that may show that she /he is suffering due to lack of peace. And this may indicate that she/he is having difficult time and she/he wants change.

Kids need peace and safety to be happy and feel good. Imagine a world where children can explore and play without worrying about bad things happening to them. That's what we want for them.

Keeping children safe is super important for their mental health it's like giving them a strong shield against anything that might hurt them. We all have a job to make sure kids are protected from anything bad or scary. This protection creates a cozy space for them to grow up feeling secure and trusting in themselves and the world.

Abuse is like a dark cloud that we need to keep away from kids. Our goal is to make sure they feel safe, loved, and valued. Picture their lives filled with laughter, love, and knowing that they matter. As the grown-ups, let's build a world where children can be happy, explore without fear, and grow up surrounded by peace and safety.



## 12. Power of us, the hand to clean tears

This picture shows a blurry image of a person who is surrounded by many hands that seem to hurt her/him, and tears are falling on his/her cheeks, showing the suffering this person has and how his/her surroundings are the causes of his/her suffering. This shows that she is living a painful life and has no support, and all surroundings are against him/her.

Together, there's incredible strength in us—the power to bring comfort and wipe away tears. In our collective hands lies the ability to create a world where compassion flows freely. Each hand has the potential to be a source of solace, a reassuring touch that erases sorrow. When we join forces, our shared empathy becomes a balm for the wounded heart. In this unity, we hold the extraordinary power to make a difference, to mend what is broken, and to ensure that no tear goes unnoticed.

The power of us is a force for kindness, a beacon of support that illuminates even the darkest moments.



### 13. Where is hope?

In tough times, I face feeling really sad, alone, and hating themselves. It's like being in a dark place without hope. Feeling tired of the same struggles adds to the heaviness. But even in this hard situation, finding hope becomes important. It's not just about getting out of these tough feelings; it's a step-by-step journey toward feeling better.

Imagine it as slowly finding a way out of a confusing and heavy place. Hope becomes like a small light guiding you, showing that things can get better, and you don't have to carry the heavy feelings all alone.

This portrait show a people who is alone and surrounded with many problems and seems to have nowhere to escape them because there is no one here to support/help him/her in her/his suffering and those problems includes hopelessness, loneliness, feeling blue, worthlessness, self-doubt.

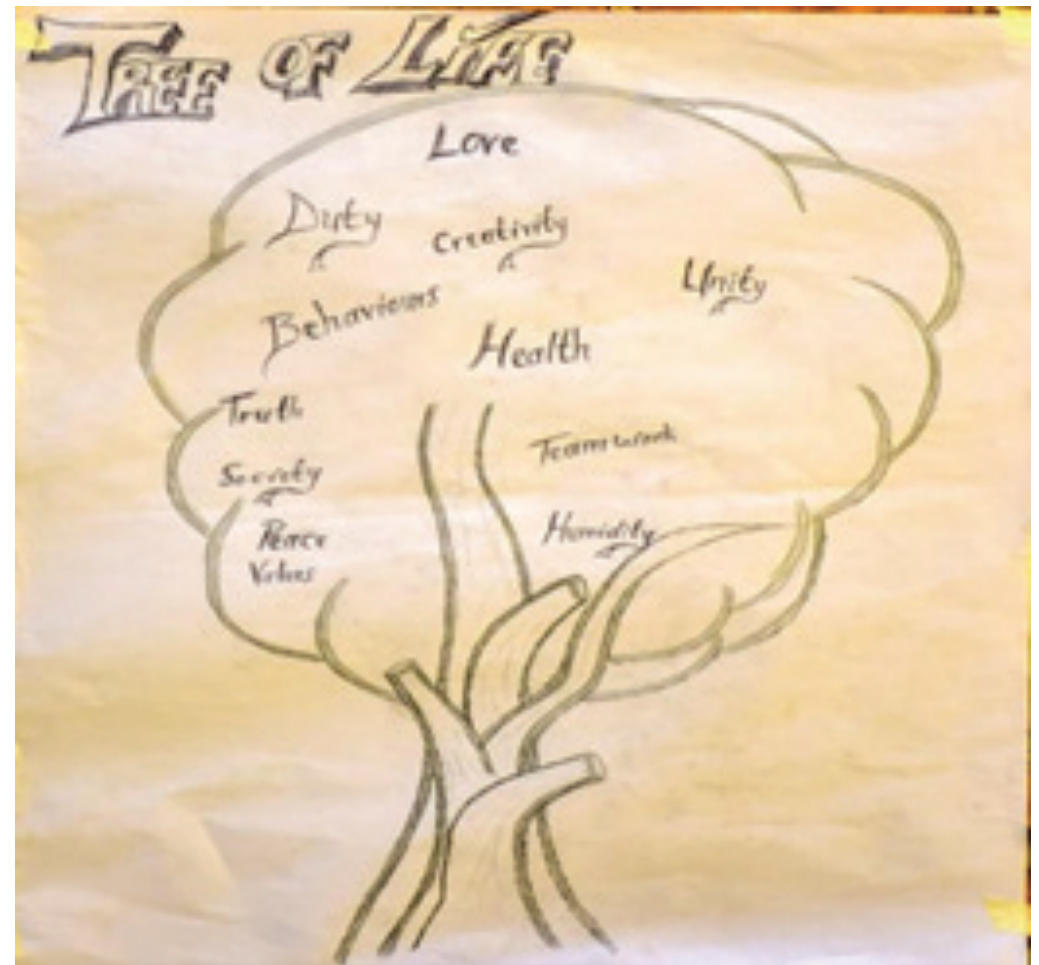


## 14. I am surrounded by beauty like tree with green leaves

In nature, I see a lovely tree with green leaves all around. It's like a symbol of important things in our daily lives – like love and duty. The tree is like a big example of how our actions, or behaviors, affect everyone around us. Just like the leaves on the tree work well together, our actions help make our society healthy. Following important values, such as telling the truth and staying united, helps create a peaceful place where people can do well.

The branches of the tree show how teamwork is strong, reminding me that working together is powerful. Each leaf is important, just like everyone's efforts together can make good things happen. The roots of the tree, going deep into the ground, make the tree strong. Our shared values, like roots, keep us connected. This tree teaches me that by caring for each other and doing what we're supposed to do, we make our community strong, just like the tree with its beautiful leaves.

This picture represent tree of life that show the upper part of tree with society, duty, health, teamwork, unity, peace, values, behaviors, truth, love and creativity. This indicate the life that person is living in has those sets, and this mean that he/she is living meaningful life and she/he has the fruitful life.



## 14. Shade for my mental health

In the realm of mental well-being, finding shade from the harsh elements of fear, loneliness, low self-esteem, and doubts about family and friends is crucial. Like rain and sun, these emotional challenges can be overwhelming, casting shadows on one's mental health. However, just as an umbrella provides respite from the rain and shields from the sun's intensity, certain protective factors offer solace for the mind.

Being a member of a mental health club acts as a sturdy umbrella, offering support and understanding from those who share similar struggles. Self-love becomes a reliable shield against the downpour of low self-esteem, fostering a positive relationship with oneself. Good friends, like a trusty umbrella, provide companionship during life's storms, offering comfort and reassurance.

Engaging in conversations with others served to me as a portable umbrella, allowing for the release of repressed emotions and doubts. This act of sharing helps in dismissing the shadows of loneliness and uncertainty. Additionally, pursuing personal hobbies and sidelines becomes a proactive umbrella, distracting attention from distressing thoughts and offering a constructive escape.

In the shade provided by these mental health umbrellas—membership in a supportive club,

self-love, good friends, meaningful conversations, and engaging sidelines—I find protection against the elements that can otherwise cast a gloom over my mental landscape.

Here is umbrella portrait that she/he indicated that it helps in protecting from raining and sun and she indicated what umbrella is consist of that helps to fight against the problems she/he faces.

What she compared to rain and sun are following: fear, loneliness, low self-esteem, low self-confidence, doubting about his/her family members and friends, doubting about society members. And what she/he

takes as umbrella consist of: being member of mental health club, self-love, having good friends, having talk (conversation with others), doing my sidelines to avert distressing things.







## 16. Nd'Umushibuka w'ahazaza

As I envision the nurse of the future, my dreams are like leaves, each one holding hope for a brighter tomorrow. I harbor a big dream of not just caring for individuals but becoming a beacon of usefulness for the entire community. With a heart full of optimism, I aspire to pursue a teaching career, spreading knowledge and compassion.

Resuming my studies is like planting seeds of potential, with the hope of reaching even more people in need. I see myself not only as a caregiver but as someone who empowers others with the tools to make a positive impact on health and well-being. It's a journey of growth and learning, where every step forward is a step toward making a meaningful difference in the lives of those I serve. The nurse of the future, in my eyes, is not just a healthcare provider but a catalyst for positive change, nurturing hope and making the community stronger, healthier, and more informed.

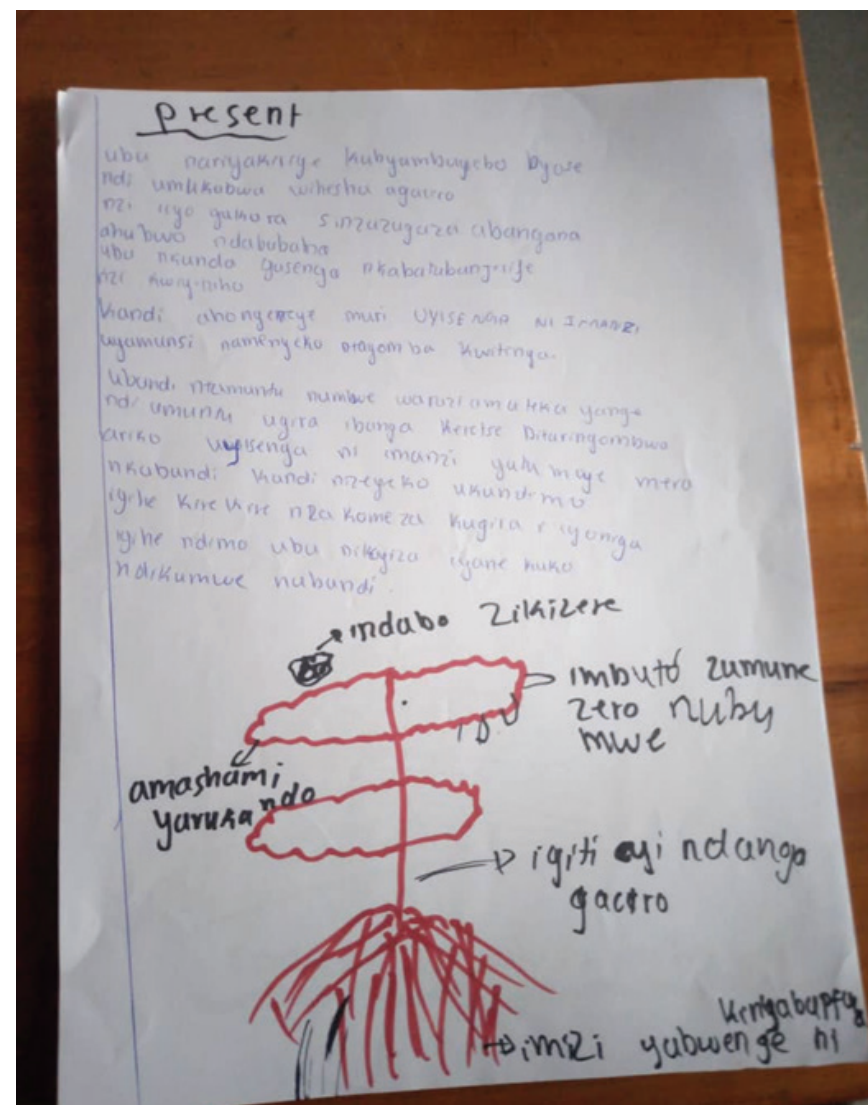


## 17. Ndi Nyampinga

I embrace the identity of a precious lady, valuing my worth and recognizing the strength within. Like a diligent worker in the garden of life, I work with dedication, cultivating respect for others as the fertile soil for growth. Prayer becomes my solace, a moment of connection and reflection, infusing my journey with spiritual guidance.

As a flower of hope, I bloom with the promise of positivity, radiating the beauty of resilience. The branches of love extend, offering a sheltering embrace, while the fruits of joy are the sweet rewards of my endeavors. Like a sturdy truck, I carry the load of values, ensuring that integrity and kindness accompany me on the road of life.

Rooted in wisdom and good behavior, I draw strength from the depths of tradition and understanding. Ndi Nyampinga, for me, is not just a label but a celebration of womanhood, symbolized by the delicate yet robust nature of a flower. In this garden of identity, I strive to be a testament to the richness of values, resilience, and the beauty that blossoms when rooted in wisdom and good-hearted actions.

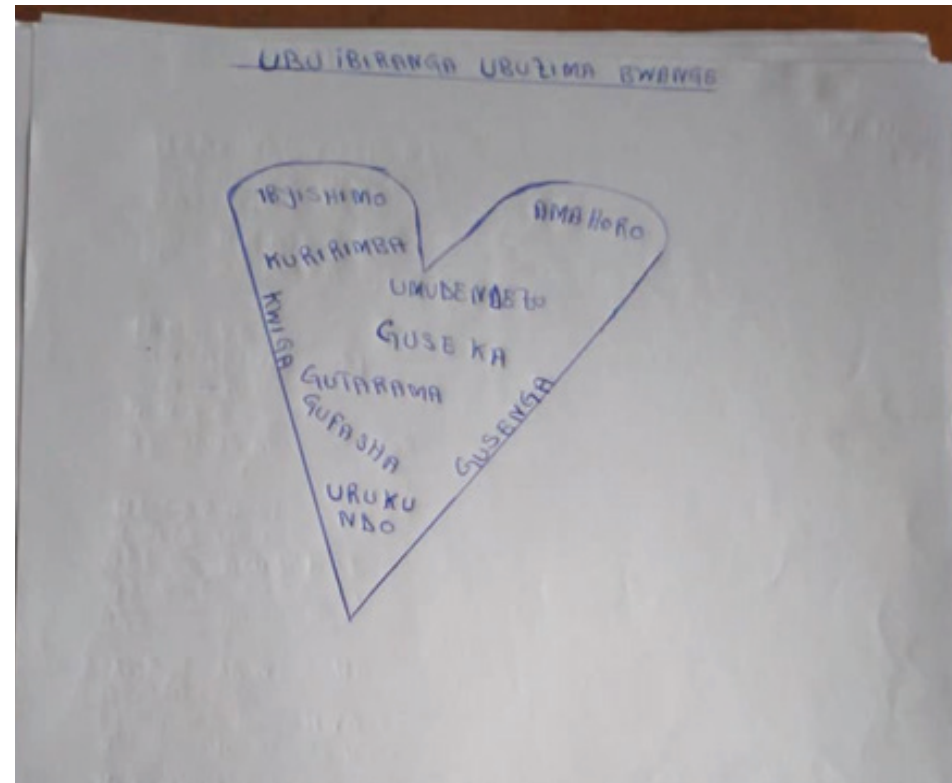


## 18. A happy heart

A happy heart is like a melody, always singing with joy and laughter. It finds happiness in simple things, like studying, where each page becomes a note in the song of knowledge. Helping others is another tune that resonates, creating harmonies of kindness and warmth.

In the quiet moments of prayer, the happy heart finds peace, a soothing rhythm that calms the soul. It's like a cozy blanket of contentment, wrapping around the heart. Happiness, for me, is not just a feeling but a melody that plays throughout the day. Whether in the cheerful notes of laughter or the quiet hum of studying, a happy heart is a symphony of positivity. It spreads joy like sunshine, touching the lives of those around. Each act of kindness, like a musical chord, adds to the beautiful composition of a happy heart.

So, let's sing the song of happiness, dance to the rhythm of joy, and play the melody of laughter. In this musical journey, helping others becomes a sweet refrain, and the peaceful moments of prayer provide a soothing interlude. A happy heart is not just a destination; it's a continuous melody that we create and share with the world.

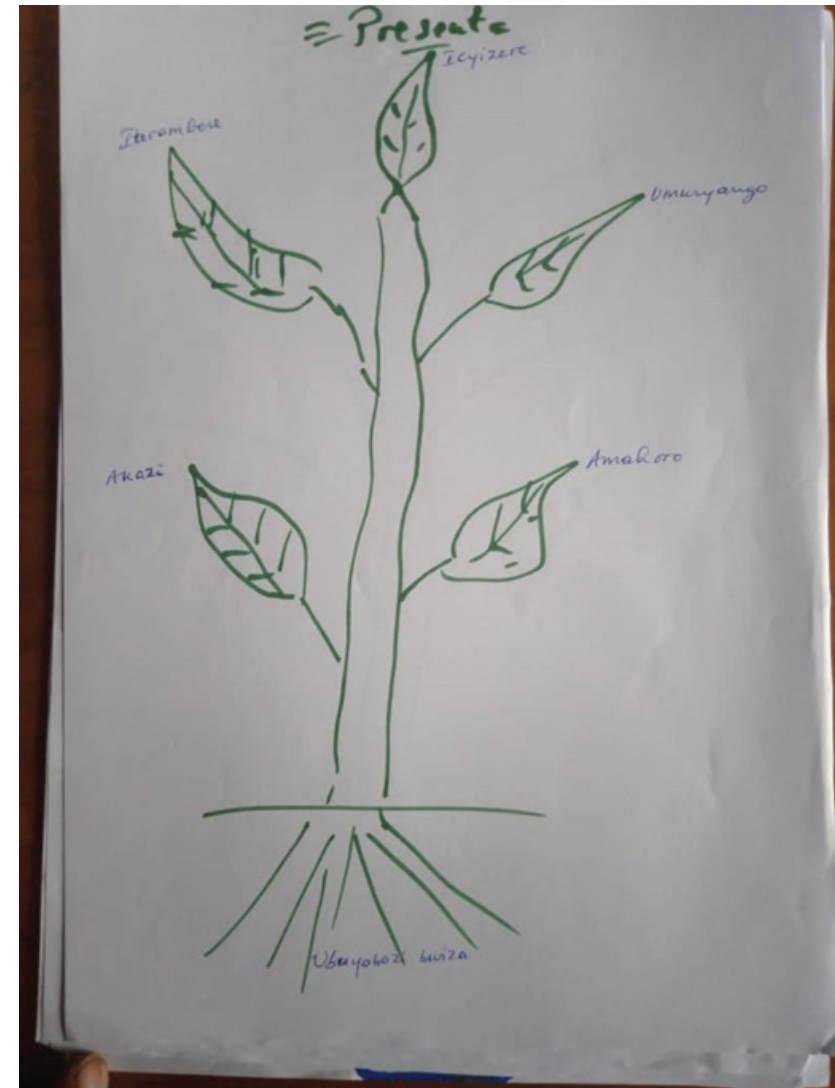


## 19. A hopeful standing tree

In the vast landscape of life, I stand as a hopeful tree, with roots deeply embedded in the soil of good readership. Just like a tree draws strength from its roots, I find inspiration in the wisdom gained through reading, fostering a foundation for continuous self-development. The leaves of my tree symbolize the tranquility of peace that spreads with each page turned. Through the branches of literature, I embrace a sense of calm and understanding, creating a shelter of serenity in my life. Working hard, like a dedicated gardener caring for the tree, becomes my commitment. Just as a tree flourishes with care, I nurture my aspirations and goals, aiming for steady growth and fulfillment. My family serves as the supportive soil, providing nourishment and encouragement to help me stand tall in the face of challenges.

As I invest in self-development, I am like a tree branching out, reaching for the skies of potential. Every effort contributes to the growth of my character, knowledge, and skills. Hope, like the lifeblood flowing through the tree, fuels my journey with optimism for a brighter and more meaningful future.

In this hopeful standing tree, the roots of good readership, leaves of peace, hard work, family, self-development, and hope intertwine, creating a sturdy and flourishing presence in the landscape of life.



## 21. I am flower in the bright garden

In the vibrant wall-hanging of life, I find myself as a delicate flower in a bright garden, each petal holding a unique story of resilience and growth. Bathed in the warmth of sunlight, I unfold, embracing the beauty of my existence. Like a gentle bloom, I release with the colors of optimism, positivity, and the promise of a new day.

Rooted in the fertile soil of self-discovery, I draw nourishment from experiences, both sunlit and shaded. Every challenge becomes a chance for my petals to unfurl, revealing layers of strength and character. In the garden of life, I stand tall, not as an isolated bloom, but as a part of a larger, interconnected ecosystem.

The bright garden symbolizes the diversity of experiences and the mixture of emotions that make up my journey. Each encounter, like a drop of dew on my petals, adds a shine to my story. I influence with the winds of change, adapting and growing, embodying the resilience inherent in every blossom.

As a flower in the bright garden, I am not just an observer; I contribute to the symphony of life, adding my perfume to the collective beauty that surrounds me. In this lively garden, I thrive, embracing my uniqueness and celebrating the richness that comes with being a flourishing bloom in the vast expanse of existence.



# The Future

## INTRODUCTION

Thinking about the future is really important. It means looking back at what we have done before and understanding where we are now. This helps us make a plan for what we want in the future. This plan is like a picture in our minds that encourages us to keep going after our dreams. It gives us hope and makes us strong to work hard for what we want. We also think about a good future by having hopes, dreams, and values.

When we look back at what we've achieved and understand where we are, we can make a picture in our minds of what we want in the future. This picture is like a guide that helps us stay motivated and work towards our goals. It makes us feel hopeful and gives us the strength to keep moving forward.

Thinking about a good future is not just about ourselves. It's also about what we hope for, dream about, and believe in. This helps bring people together and work towards common goals. So, thinking about the future is like having a map for our journey, giving us direction and inspiring us to make our dreams come true.

## 1. Tree full of fruits

Magnificent tree laden with a bountiful harvest of fruits, symbolizing the abundance of what one can give after receiving help. This tree, rooted in the fertile soil of gratitude, embodies the idea that the kindness and support we receive can blossom into something even more beautiful and generous.

As we stand beneath the branches of this metaphorical tree, we are reminded that the fruits represent the tangible outcomes of assistance and goodwill. Each piece of fruit signifies a valuable lesson learned, a skill acquired, or a gesture of kindness that has been bestowed upon us. The tree becomes a living testament to the cycle of giving and receiving, where the fruits, having matured under the nurturing influence of support, are now ready to be shared with others.

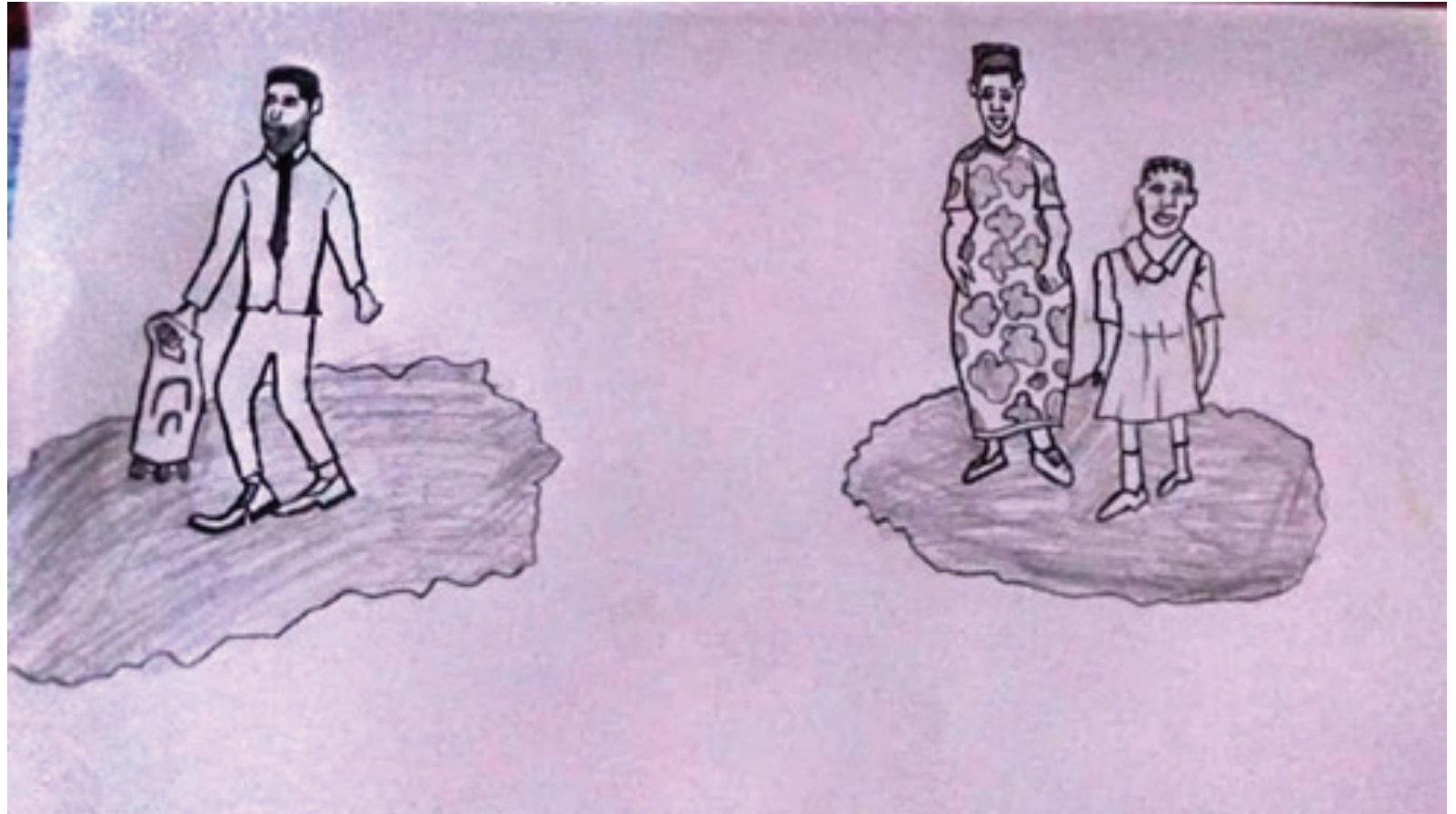
In this interconnected ecosystem of generosity, the act of giving becomes a natural extension of gratitude. Just as the tree shares its fruits, we, too, can offer our newfound abilities, knowledge, and compassion to those in need. The tree serves as a powerful metaphor for the ripple effect of kindness, illustrating how a single act of assistance can grow into a rich harvest of benevolence, creating a community where everyone is both a giver and a receiver.





## 2. Happy family

In the picture, the student has chosen to depict a family living in harmony. The father is leaving for work to support his family and the family is collaborative and happy.



### 3. Peace everywhere

In the middle is the earth, drawn in the form of a peace symbol. The birds around the earth also represent peace. The student has drawn this as a way of showing their wish for a future where there is peace all across the earth.

In a heartfelt sketch, I convey a profound desire for a harmonious world with the key words "Peace Everywhere." At the center lies the Earth, artfully shaped into a peace symbol, symbolizing unity. Encircling the globe, birds gracefully soar, embodying the universal language of peace. This imaginative depiction captures a dream of a future where tranquility reigns on every continent. The simplicity of the drawing belies its powerful message: a plea for global understanding and cooperation. Through this artistic expression, express a vivid picture of hope, aspiring to turn vision into a reality of peace embracing our shared home.



#### 4. Being a Queen

The girl who drew this picture envisioned a future where she hoped to be a queen and a leader.

In my artwork, I depict a vision of leadership, adorned with a crown and regal grace. Within this creative realm, I envision a future where my strength and wisdom make are my guiding force. The depiction isn't just about royalty; it's a statement of empowerment.

As girl, I sketch myself as a queen, I embrace the idea of being a leader who shape my destiny. This artwork becomes a visual manifesto, illustrating a hopeful narrative where, I reign not only in imagination but also in the empowering reality that I dream to create.



## 5. Having a vision

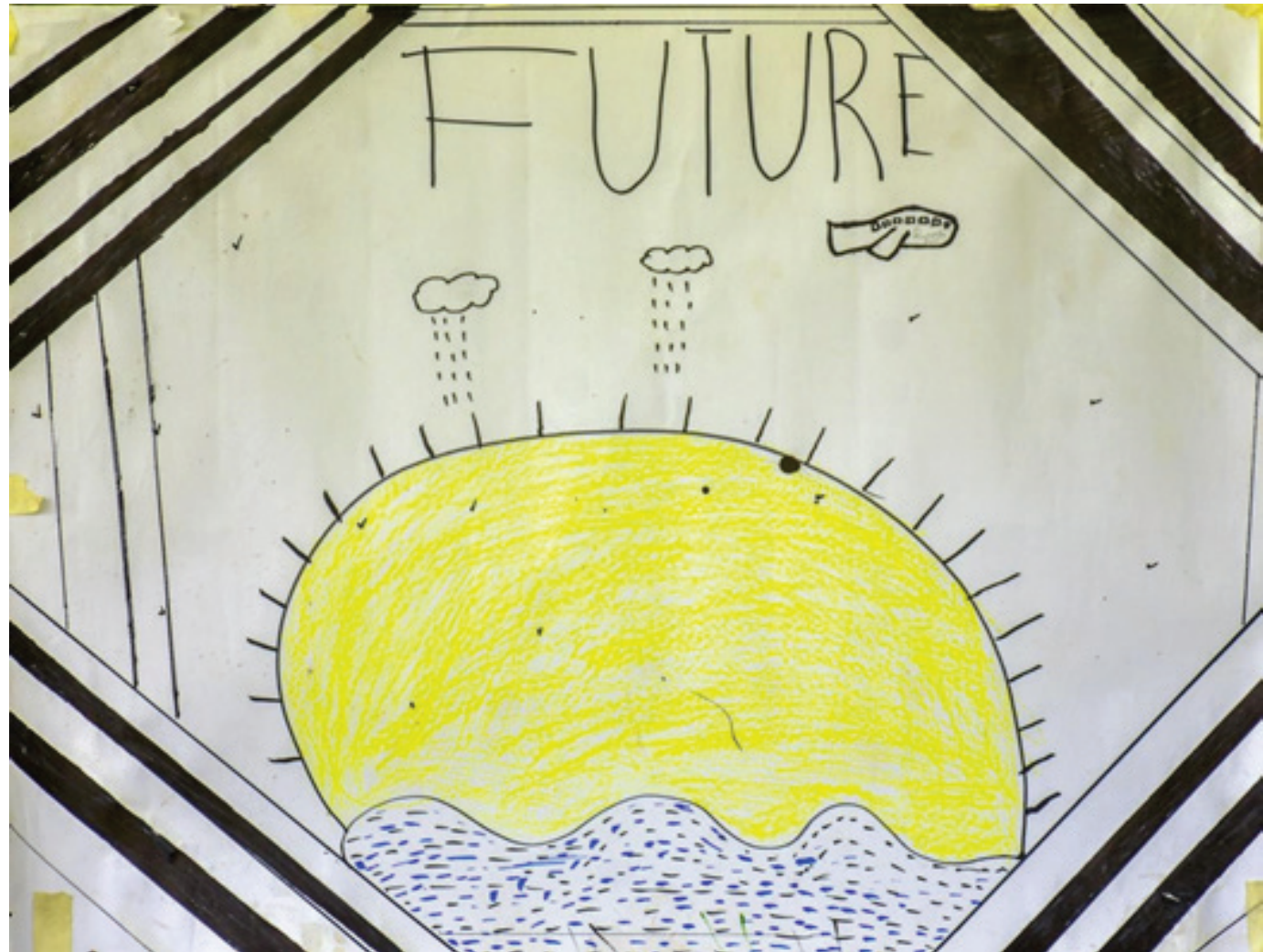
This student drew their picture with the vision of having a beautiful house in the future.

Imagine thinking about the future and seeing a beautiful house. I drew this because, I dream of having a nice home one day. The words "Having a Vision" mean having big dreams. In the drawing, the house looks cozy and happy, like a place full of smiles. It's not just about the building; it's about imagining a home where good times happen. The drawing is like a map leading to a future filled with warmth and laughter.



## 6. Bright future

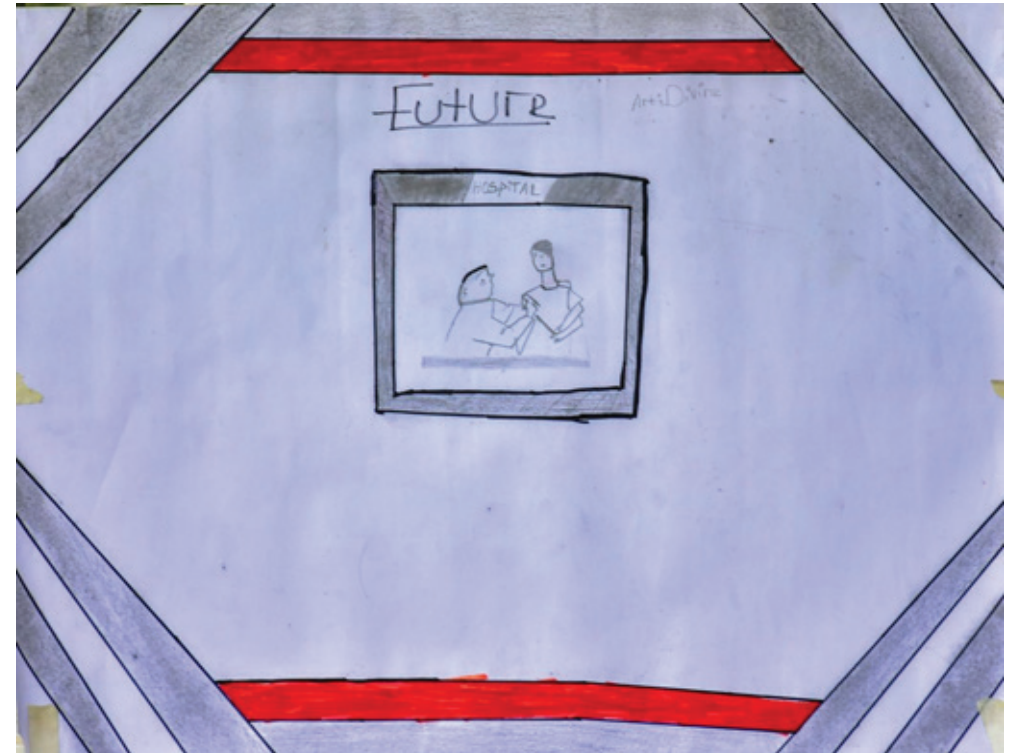
This student's picture represents the hope and vision of having a bright future. The sun in the picture represents light and shows how the sun is rising in their life a



## 7. Being a doctor

The student drawing this picture illustrating their hope to become a medical doctor in the future in order to help people who are sick and give them support.

The artworks symbolize, the hope and vision for better days. The sun takes center stage, radiating light and mirroring the rise in their life. This illustration is more than just a drawing; it's a visual anthem of optimism. I envision a future bathed in the warmth of possibilities, each ray of the sun echoing aspirations. The rising sun becomes a powerful metaphor for growth and new beginnings. With simple strokes, I paint a vivid picture of a tomorrow filled with brightness, embodying a heartfelt belief that the journey is heading towards a radiant and promising destination.



## 8. Confidence, happy family, love

Confidence blossoms in the embrace of a happy family, where love weaves the threads of connection. Each member is a source of strength, nurturing an environment where self-assurance flourishes. In the laughter that echoes through shared moments, confidence finds its roots. Love becomes the pillar, supporting each family member's journey, fostering a sense of belonging and acceptance.

This joyful tapestry of relationships builds a foundation for confidence to soar, as individuals draw strength from the support and affirmation of their loved ones. Together, in the warm glow of familial love, they stand resilient, creating a haven where confidence thrives and happiness prevails.





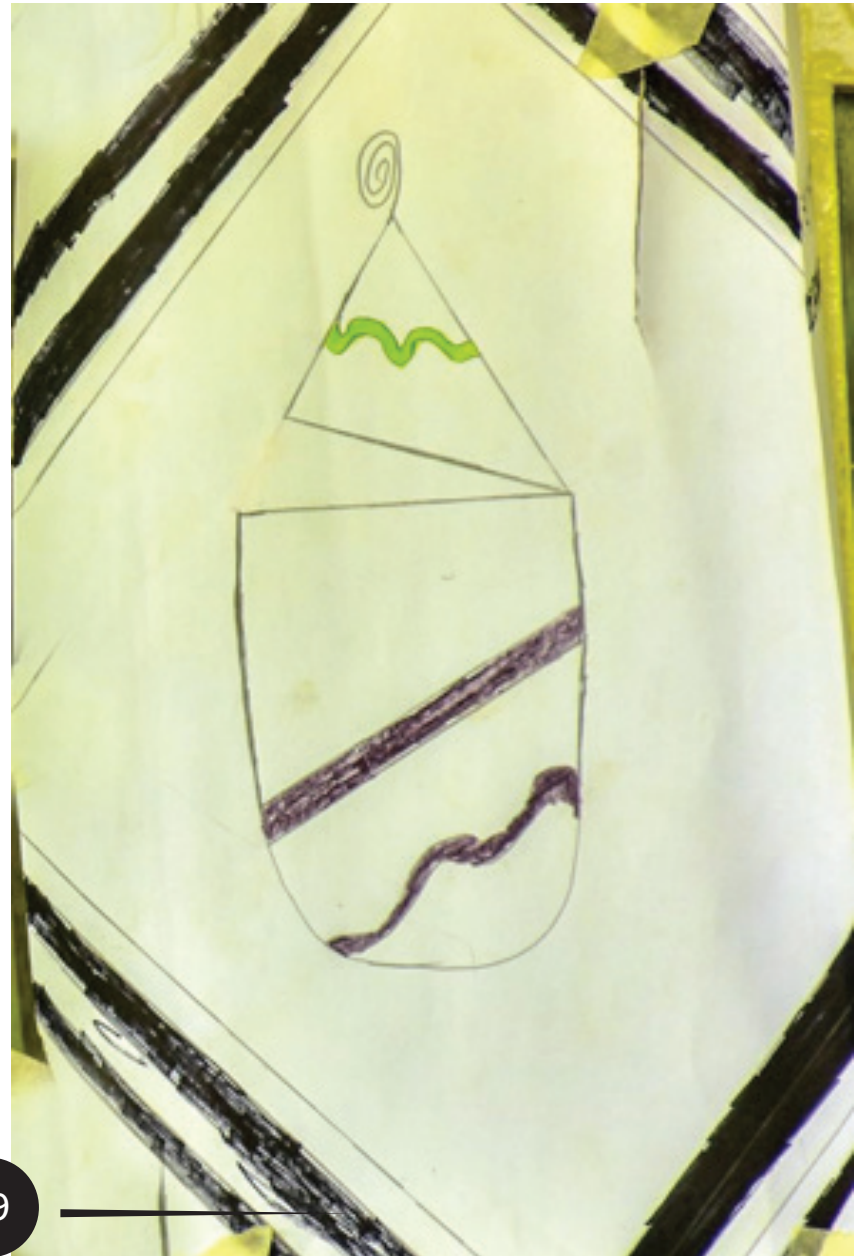


## 10. Having an opportunity to speak out

This picture illustrates how the MAP club student envisioned a bright future and being able to address the problems they normally face.

The ability to voice one's opinions creates opportunities for a better future. It's similar to having a key that unlocks the possibility of progress. I am dreaming the freedom to freely discuss issues, to open the door to progress and solutions. Speaking up is a path for young girls towards a future full with opportunities, a beacon of optimism.

It serves as a catalyst for change.



## 11. Completion of high education

The picture illustrates the dream of studying, completing high education and then being able to educate others.



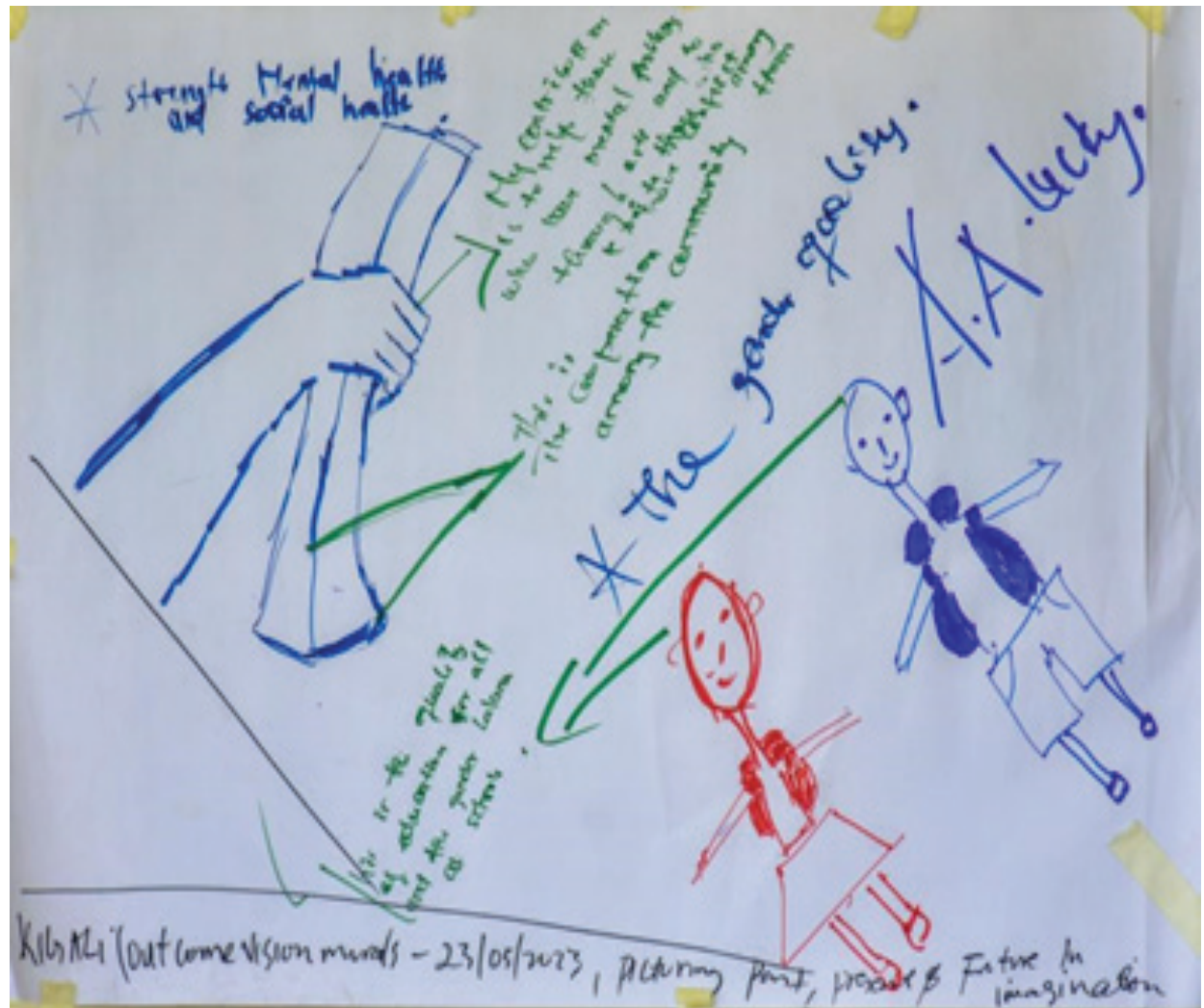
## 12. Peace is the best goal to accomplish

This student from Map club drew the world as they wish it to be: Full of peace and peace building.



### 13. Strengthening mental health gender equality

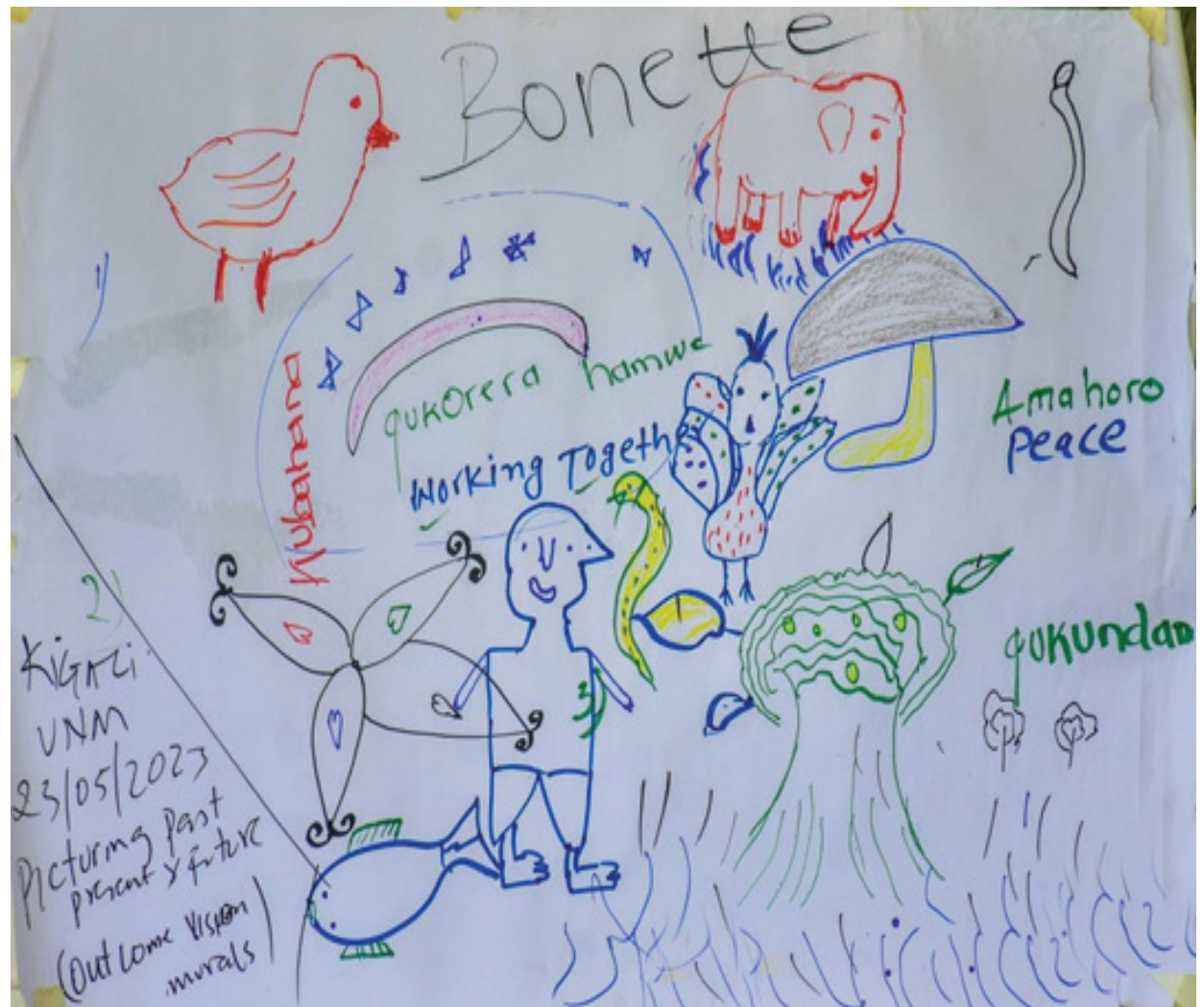
This picture is an illustration of how the MAP student hopes to gain strength in the future, being the voice for the voiceless, and promoting gender equality.





## 16. Teamwork, love, obey one another

This MAP club student pictured her future as hoping to work as a team, promotes and spread love, as well as obeying each other as a source of dignity.



## 17. Unity, happy life, love

As this student pictures their future, they show that they wish they can promote unity as the source of a happy life, and promote love in the community and the whole world.

In my dream, everyone gets along and works together, creating a happy life i want to spread love not just in their community, but all over the world. It's like they're saying, "Let's be friends and care about each other." I believe that when people unite, it makes life better for everyone. I thinks it's important to be kind and make the world a friendlier place. So, in this of tomorrow, happiness comes from people being together, understanding one another, and sharing love across the whole wide world.



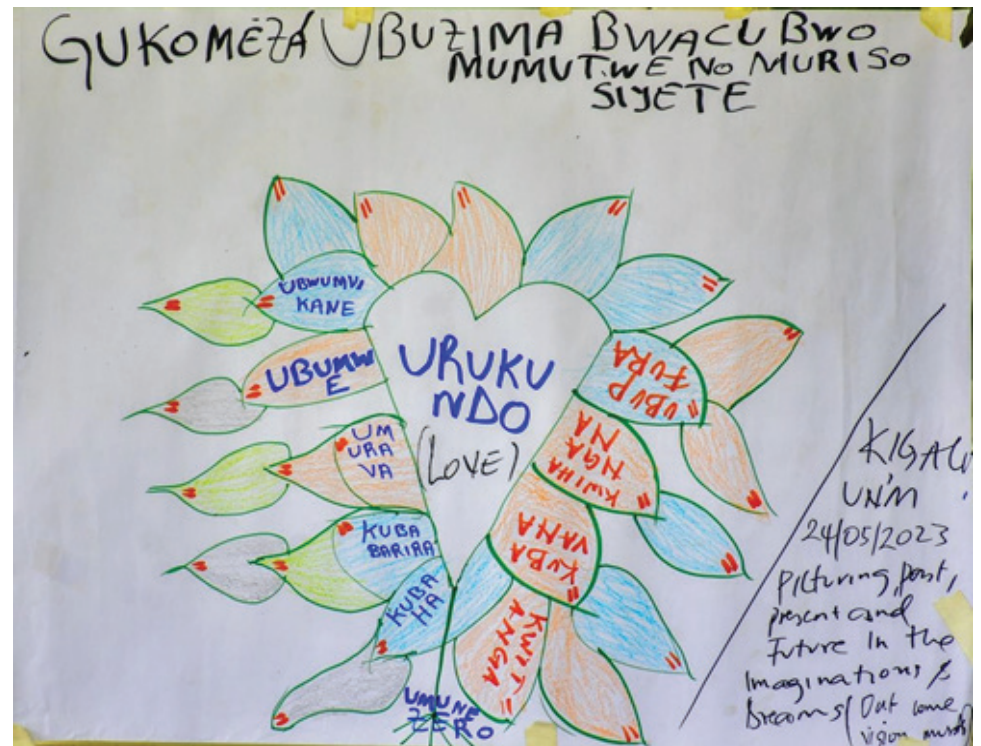




## 19. Strengthening mental health in society

This student has drawn a beautiful flower. Inside the flower, there is love. On the outside, the student has illustrated different things that they wish would happen in the future, such as having unity, forgiveness, and integrity, as well as working as a team with others and respecting one another's opinion.

In a vibrant depiction of mental health, a student's flower artwork blossoms with profound symbolism. At its core, the flower embodies love, radiating positivity. The petals showcase the aspirations for a harmonious society, emphasizing unity, forgiveness, and integrity. Each detail represents a vision of a future where teamwork flourishes and mutual respect prevails. This artistic expression becomes a poignant reminder that nurturing mental well-being involves cultivating a garden of positive thoughts, fostering understanding, and appreciating diverse perspectives. Just as the flower thrives on care, our collective mental health flourishes when we cultivate compassion, cooperation, and a shared commitment to emotional well-being.



## IBYIRINGIRO G UKWIZERA

Uko numva ahazaza hanga mpumva numva  
arihiza, mubuzima ntitubura ibirirako ariko  
bubabwako kandi ukwizera kandi byose  
tubifashwamo nagushyamba, dutitwe igikwizera  
kiza, ubuyobazi, buza, iturika kandi twifitimo  
urukundo

Uko numva ahazaza hanga mpumva gupumva numva  
arihiza kandi nubundabona arihiza, dutitwe ubuyobazi  
buza kandi icyo ahantu haramahoro byose bigenda  
naha. kandi byongyaho gutanga bimfashya mubuzima  
bubabwako kandi gutanga bintu kumva nkomeye.  
kandi mubuzima bwanga numva nabo urukundo  
ukomeye kandi dutitwe ukwizera kandi ntabwo  
fashwamo nagushyamba kandi dutitwe ibyiringiro.

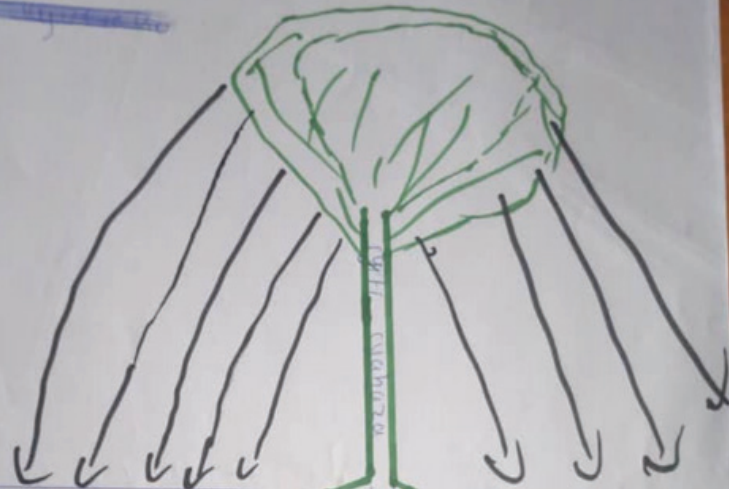
Yero intego zanga, nkurikira icyane nicya, nkihisha  
agashyamba kubaha, nkubabwako inkagira gashyamba  
kandi nibyo nibyo uruguzo rwanga rw'ibyiza.  
kandi ndanagira inama urukundo byagashyamba  
barokotse kumva ko ntabwo bamaze kubwako ariko  
mbaraga zabo zahazaza. byose tubifashwamo  
nagushyamba.

21.

Byiringiro &  
Ukwizera

Future

umashami azaba ankingira.



<p>ahuzuzo hungu          ukontigura ahuzuzo hungu          nzinzako nzagira ahuzuzo haza          imfite umuyangowatige          ngakora akazi iteza ntabu          umwana ushimwa nubunzi nde          ur nimanira gashya</p> <p>nifuzo ukuzo umuhamya ukunda          akazi ndebe nabo nyaboye          akakunda akubungabo yabonyo          boye akugira imubungo gashya          za gi christu akobuna</p> <p>nirwana yange ukundi nku          yira ubuzima bwiza ndetse          nabo dukumwe</p> <p><b>Imana ibimfashye mu.</b></p>	<p>icyizere          akominye kubi          zava</p> <p>mu kwihesha ugashya          kubaha          gukora imugutanga          akubagira umu          uboko</p> <p>ubugiraneza          ubwirinzi</p> <p>kwirimo ingotami          ziri mu byuma          ruri hanze</p> <p>kuba imyanyama          yayo</p> <p><b>Confidence</b></p>
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22.

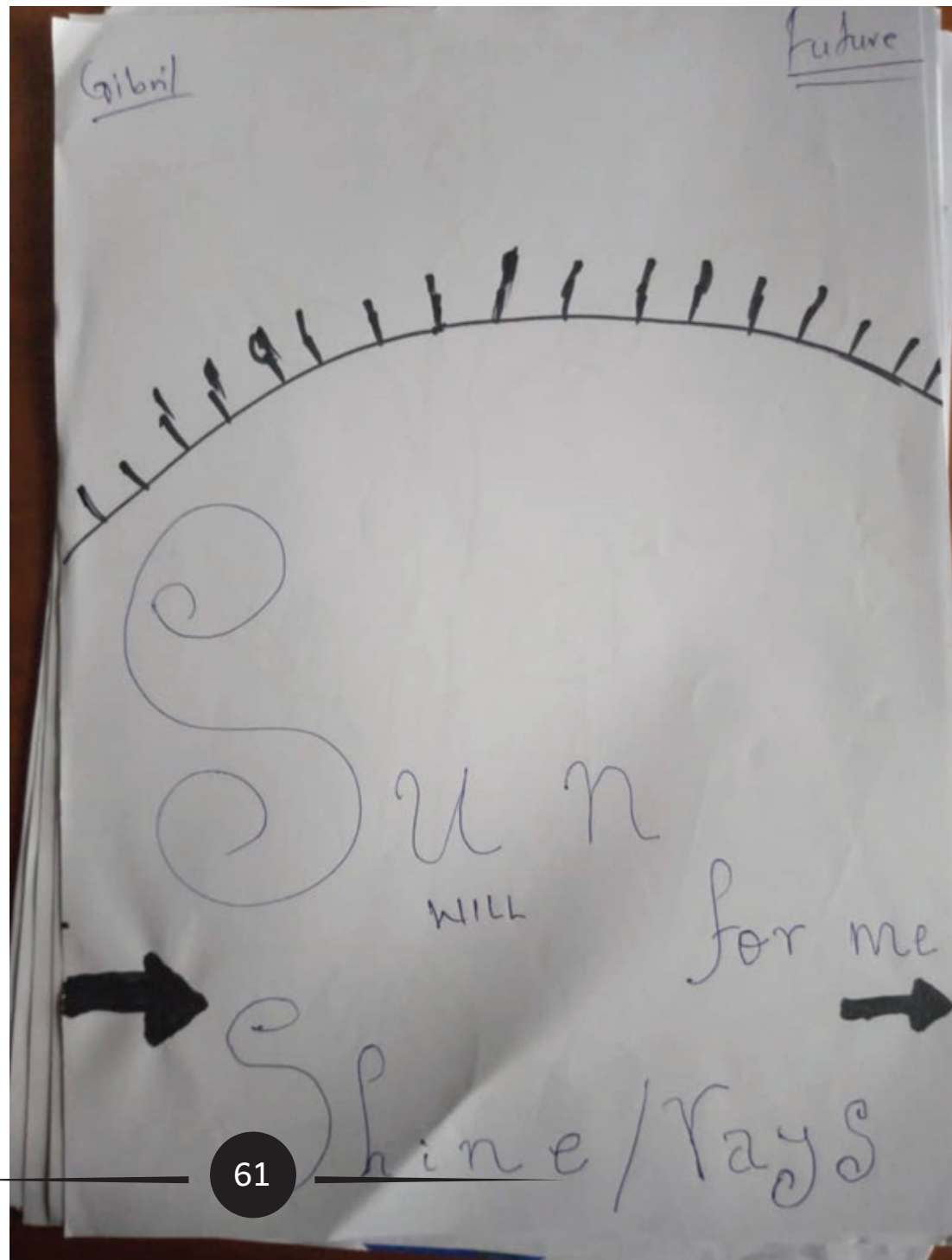
Amashami azaba  
Ankingira



## 24. The sun will rise

As the sun rises, it lights up my path. It's like a friend that helps me see where to go. When things are tough, the sun is like a helper, making everything brighter and less scary. Each morning, it gives me hope and shows me that new opportunities are coming.

It's like a warm hug from the sky, making me feel strong and ready to face the day. The sun is like a guide, showing me the way forward and making me believe that everything will be okay. So, I know, every day, the sun will be there, lighting my way.



25. *Lights*

# FUTURE

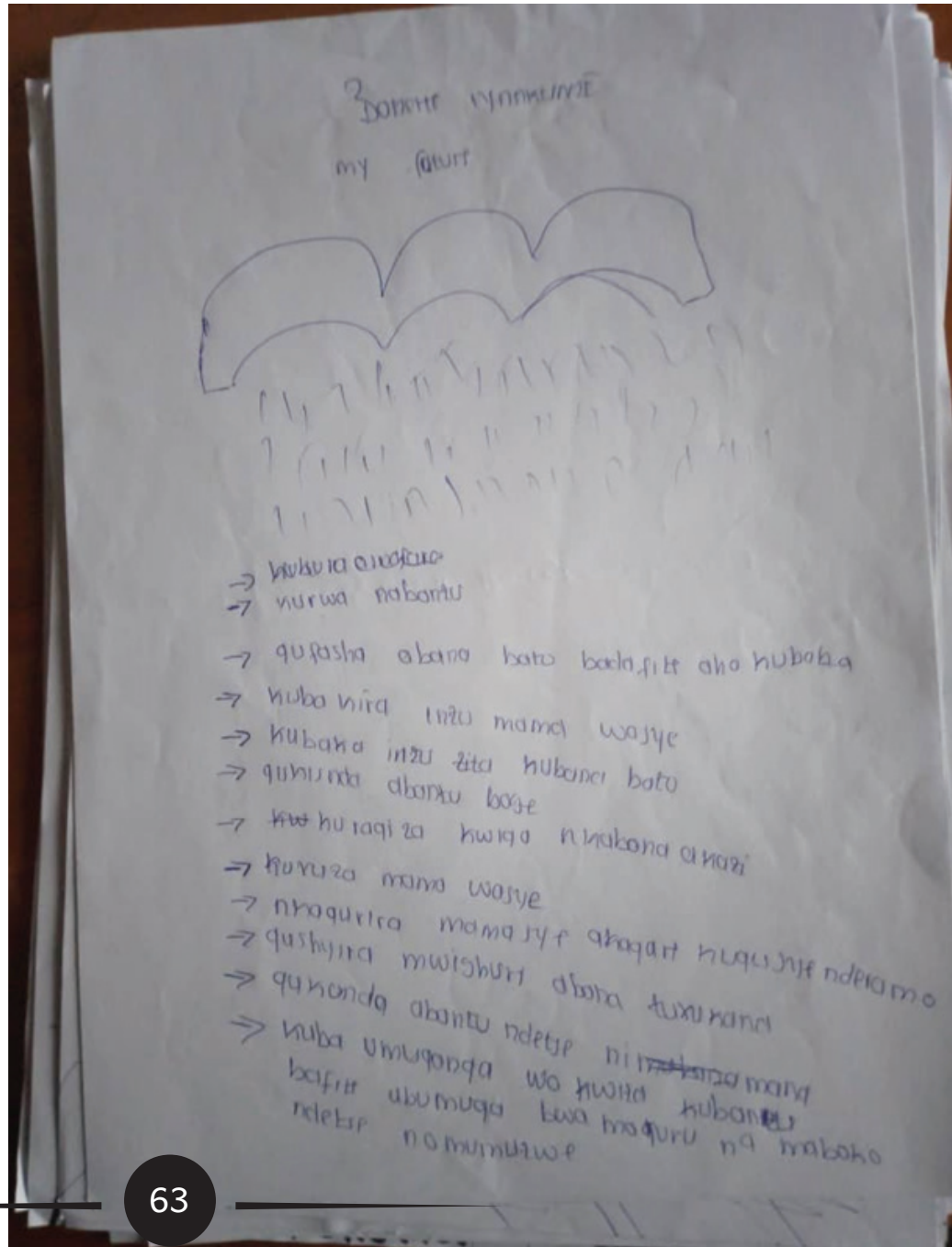
- | See something bright lights
- | See the door to Success Opened
- | See the joy in my will approaching there
- | See the positivity in my heart

The lightning strikes once at a time  
The Successes strikes everytime you work for it  
The future strikes the seeds of what you planted  
The Joy also strikes immediately your opened.

- | See the hard work needed
- | See the effort to be put in
- | See the support needed
- | See the Successes approaching

The brighter the future  
The more effort needed  
The more harvest got  
The happier I will become.

26. Supporter



# General Conclusion

In conclusion, "Externalizing the Past, Envisaging the Present, and Discovering the Future" stands as a powerful testament to the transformative potential of art in the lives of young children and adolescents. The album, a compilation of artworks from various healing clubs across different districts, serves as a vibrant tapestry reflecting the journeys of these resilient young minds.

Art emerges not merely as a creative outlet but as a holistic approach to mental health, fostering self-expression, resilience, and emotional regulation. Metaphoric expression within the realm of art allows young individuals to externalize their difficulties, using symbols and colors to communicate emotions that words may struggle to convey. Through this process, art becomes a universal language that transcends verbal communication, providing a profound exploration of their inner worlds.

The peer-to-peer platform established through artistic expression becomes a dynamic remedy for mental health renewal. Art creates a communal space where shared experiences foster empathy and support among peers. The album itself serves as a visual narrative, documenting the developmental journey of these children. It provides insights for caregivers, educators, and mental health professionals, offering a deeper understanding of the emotional needs of young minds.

As we reflect upon this poignant collection, we witness the resilience and courage displayed by these young artists. Their visual narratives vividly portray painful pasts, current challenges, and aspirations for the future. In embracing the healing power of art, these children not only externalize their struggles but also create a shared community that acknowledges and validates the diverse emotions experienced by young minds. The album, therefore, stands as a window into the intricate landscapes of their experiences, fostering a deeper understanding of their individual stories within the broader context of healing and growth.



## **This Book was the results of effort of:**

1. MAP healing club's participants and their facilitators.
2. UNM staff, especially Dr Chaste UWIHOREYE (Country Director), KIGUNDU Emmanuel, and ZIVUGUKURI Jean Marie Vianney (UNM's clinical psychologists).
3. The support from One Eleven Ltd, especially MUKIZA Patrick as Graphic Designer and layout.

# Uyisenga ni Imanzi

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