



# Chhahari Nepal for Mental Health

## Strengthening Welcome Centre Project

### **BACKGROUND**

Since the initiation of the Welcome Centre Session, creating a common space and understanding the need for a secure space to get together has grown and expanded its services to mental health community-based services and developed into one of our popular projects.

### **A YEAR WITH CHALLENGES & ACHIEVEMENTS**

Due to the after-effects of COVID-19 and financial constraints, we initially limited the sessions to once a month. But in 2023, we were able to increase them to two times a month. We now provide free sessions twice a month, during which we also offer free home-cooked lunches. Trained staff and volunteers work closely with individuals and groups to provide psychosocial counselling and creative therapies using music, art, meditation, cooking, and outdoor trips. All sessions are tailored to focus on cognitive functioning, motor skills, social skills, and emotional development.





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Mental Health has always been taken very much in the context of the ‘Medical Model’; less or no emphasis is placed on associated ‘Social Issues’ that are an integral part of the growing mental health problems.

Therefore, Chhahari approaches to achieve its purpose by initiating services by addressing social and medical models in its mental health programmes, one such programme being the “ **Welcome Centre Project.**”

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## 2023 Impact Snapshot

20-25

Average No of clients and carers attending the session

23

Total no of sessions conducted including one outing

11

Total number of clients resumed full and part-time jobs

3

Total number of clients resumed college

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## PROJECT MISSION & VISION

The Mission of the Welcome Centre Project is to provide the highest quality client and carers-driven case management facilities to individuals needing services. We continue to assist the mental health community clients in obtaining the required services and support them in meeting the goals of improving functionality and integration in the community.



The Vision of the Welcome Centre Session Project is to become one of the best organisations providing mental health support and case management services. In the future, we want to be known as a viable option in our community based on the quality of services provided and our respect as providers for everyone who request our services.

**WE THANK YOU FOR YOUR CONTINUED SUPPORT IN  
OUR EFFORTS TO CONTRIBUTE TO OUR COMMUNITY**



### **Contact**

**Chhahari Nepal for Mental Health  
House # 184, Ekantakuna Heights,  
Machhindranath Road North  
(Near Bhanimandal Basketball Court)  
Lalitpur, Kathmandu, Nepal  
Phone: +9771-5424304  
Email: [chhahari2009@gmail.com](mailto:chhahari2009@gmail.com)  
Website: [www.cnmh.info](http://www.cnmh.info)**