



Mbowolie Duoko, age 47

"I was downhearted because of my mother's death. I've learned communication skills, solving problems and decision making and today I'm a facilitator."



Mollay Hena, age 55

“I was worried and felt discouraged...I don’t have too much worries now. I’ve learned to cope and find ways to support my children. I’ve joined the weaving cooperative.”



Mento Vannie

“IPT helped me use the strategies of life change and I’m now feeling better.”





Korpo Gongolee, age 51

"IPT helped me to become stronger. I no longer sit and cry and feel hopeless. I'm now actively involved with the weaving cooperative."



Oldlady Musa, age 48

“IPT made me to find my life meaningful with all of my problems.”



Mbowelle Tallawala, age 68 years

"I'm trying now, learning how to reduce too much worries."





Fematta Armah, age 38 years

“IPT gave me courage.”



Korpo Kpaikpai, age 40

“I was very downhearted because all of my sisters died of Ebola and all of their children are with me. I’ve learned to be stronger and working towards finding support.”



Hawa Kanneh, age 38

"I regained hope during the sessions."



Fatumata Keita, age 21

“I regained my self-esteem and I’ve overcome my worries. Now I can do normal things.”