



Care Leavers' Community



# ONLINE

# CARE LEAVERS

# CAFÉ

# REPORT SEPTEMBER 2023

**24th September, 2023**  
**13:30 GMT**  
**19:00 IST**

**TOPIC**  
**Emotional Wellbeing**

**PRESENTED BY**  
**Jeffreys Chasi**  
Program manager for Zimbabwe Care Leavers Network. He is a Certified holder in Project Management from University of Zimbabwe. he has vast experience in philanthropist work.

**ONLINE CARE LEAVERS CAFÉ**  
CARELEAVERSCOMMUNITY.ORG

**SAVE THE DATE**



[Scan the QR Code to register or click on the embedded link](#)

# INTRODUCTION

The Sixth online café session of 2023 took place in the month of September, 2023, on the topic “Emotional Wellbeing”. The session commenced on a warm note with the introduction of all the attendees onboard. The session was moderated by Mr. Jeffreys Chasi ( zimbabwe). Surja Chauhan (Udayan Care, India) arranged the technical part.

## PROGRAM

Check-in and welcome by Surja

Updates and introductions by each participant and passing to next.

Session by Jeffreys Chasi on “Emotional Well being?”

Q&A Session

Closure

## CHECK-IN

The café started with a welcome by Surja. This was followed by introductions and check-ins from all the participants. In total, 24 people from 6 different countries participated. The majority of the participants were care leavers. Additionally, there were two representatives of the Organising Committee of the GCLC.

## SESSION

In the beginning of the session, a quick interesting introduction took place in which every participant had to introduce themselves.

After the Introduction, the presentation was started in which Mr. Jeffreys Chasi Introduced himself as the Programs manager for Zimbabwe Care Leavers Network. He is a Certificate holder on Project Management with the University of Zimbabwe. Jeffreys has vast experience in philanthropist work as he has worked in many organizations that do humanitarian work. Jeffreys Chasi is a Care experienced person who has been in an institution. Then he continues with the theme by Sharing his own journey. He also elaborated the topic with examples and shared his own experience.

The session ended within an overwhelming note where participants came forward and shared their experiences too & all the participants thanked the forum and for the session.

## PARTICIPANTS AND REGISTRATION

A total of **56** registered for the café, after many efforts to disseminate the information on social media and messaging groups. A poster was created containing all relevant information such as timing, topic, hosts, a QR Code leading to the registration link, and was posted on the GCLC social media handles (Instagram posts and stories). An emailer containing the same information was sent out to 873 people from a database created over time from the international conventions. Additionally, messages were sent on various group chats asking people to register for the session, such as the Care Leavers International WhatsApp group. The session concluded with

**25 total participants from 5 countries.**

Nimali(Sri lanka), Pooja Udayan, Deepak K. C, Akpene (Ghana), Surja Chauhan, Amit Sharma, Shankar Pradhan, Priyanka Rai, Pabira barman(Nepal), Aditya Charegaonkar, Nandini, Hajra Bano, Dipankar boro,, Anisha, Girish Menta, Hajra Bano, Meera budhakhoti, Mathew mc, Javed Ahmat Tak, Manisha And Jeena Claude,

## **NEXT CAFÉ**

The host for the next session are Surja & rakesh and the topic will be “BICON Sharing”.

**The next Care Leavers Cafe will take place on**

**SUNDAY**

**29 October, 2023**

**13:30 GMT**