



BEAM Kenya

Boost | Educate | Advocate | Mend

April 2019 Issue



BEAM Kenya’s mission is to advocate for the emotional, spiritual, and educational needs of impoverished children in Kenya.

We proudly partner with Vertical Love Ministries, a 501(c)3 organization.

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From the beginning of BEAM Kenya, our desire has been to support at-risk and vulnerable children while keeping them connected to their families. We wanted to see impact and renewal not only among the children, but **across generations and communities, and eventually, the nation.**

However, we needed to learn how to best bring forth this desire into reality. Recently, BEAM Kenya founder Colleen Costigan and BEAM Kenya social worker Olive Cherop attended a workshop on family reunification. The workshop, put on by organizations Agape Children’s Ministry and



1MillionHome, presented a model for reintegrating children back to their families, emphasizing the need for responsible integration to a safe home.

The model encompasses the same holistic values of BEAM: spiritual, physical, emotional, and educational care. Children and families—surviving parents, extended family members, and the like—are prepared for a successful reunification, so that they may thrive together as a unit. Children have a sense of belonging and are growing up in a safe, nurturing environment with family members who are equipped and empowered to care for and love them well. Relationships are restored and strengthened.

As a result of attending the training, BEAM is now exploring how to adapt this model in order to best serve the children and families in the slums. Thank you for your partnership, prayers, and kind support as we seek to help boost, educate, advocate, and mend.

With hope,
Cat Caya, friend of BEAM Kenya

Partnership Update: Counseling

By Colleen Costigan

The counselors are coming! The counselors are coming!

This was the word spreading around the village by the kids at Brook of Faith Academy the day before we had our beloved counselors coming to school for sessions. A few years ago, “counseling” was not a word in the vocabulary of this small, rural village in Kenya.



Counselors Hellen Kipkosgei and Hellen Limo

Hearing the excitement around counseling was music to my ears, an invitation to flash back to 2014 when I began to recognize the need for better care for the emotional health of the community. I desired deeply to support the mental health needs present but had no idea where to start.

I randomly got connected to Hellen Kipkosgei, a professional

counselor working in Eldoret, a town about an hour from the village. Connecting with Hellen was an answer to prayer and led to the development of a counseling program at the local children’s home.

Since then, Hellen Kipkosgei, a retired teacher turned counselor, and her colleague, Hellen Limo, have been working with us to support the mental health needs of the children’s home, Brook of Faith, and BEAM. This has included individual counseling sessions as well as small group counseling and psychosocial education and development

Hellen and Hellen recently came to Brook of Faith for individual counseling sessions for students who were identified by the teachers as needing extra support. They have built a trust with the community that has created a safe space for people to heal from deep emotional wounds.

I asked Hellen Kipkosgei what she thinks makes a good counselor. “Listening. One who is able to listen and be able to empathize with their client and accept their client the way they are.”

We are so grateful for all they are doing to love and support BEAM Kenya and our community.

Featured Student: James

By Colleen Costigan

In July 2016, James was given a scholarship to attend boarding school at Brook of Faith Academy. He was around 12 years old at the time, but he was not in school due to a lack of tuition fees, a common issue families face across Kenya. He was idle and spent most of his days hanging around the street with little direction or supervision.

James began at Brook of Faith in sixth grade, but his educational foundation was very poor due to the inconsistent and low quality of his past education. Over the last few years, James’ reading and writing skills have greatly improved at Brook of Faith.

He completed the Kenya National Exam for Primary school last October. Although he performed below average on his national exam, James has made great strides in his education and developed into a hard working, respectful, and humble young man.

After discussion with James’ parents, counseling sessions, and prayer, it was determined that technical training was the best next step for James. In January, he



James (far right) performing at an event at Brook of Faith Academy

began a two-year course in mechanics. He is enjoying the new environment at school and is involved in extracurricular activities such as dancing. His dance group recently placed second in a school talent show and won some school books.

Please keep James and all of our students in your prayers as we try to discern the best way to support and empower them as they pursue their dreams and find their purpose.

The work of BEAM Kenya is made possible by the generosity of others.

Please consider becoming a monthly financial partner!

For more information, visit our website at www.beamkenya.org.