



Hope for  
Our Sisters, Inc.

## Generating Hope, One Woman at a Time.

Hope for Our Sisters is championing a groundswell movement where each woman and girl in Angola, the Democratic Republic of the Congo, and Nepal is emboldened to choose her future.



## What is Fistula?

Fistulas are holes between the soft tissues of the reproductive and urinary or digestive tracts, and occur because of obstructed and prolonged labors, or violence and trauma. More than 2 million women worldwide are estimated to suffer from fistula, with the majority in developing countries with minimal access to maternal care and cesarean deliveries. As a result, women with fistula constantly leak urine, feces, or both. Many are shunned and abandoned by their husbands, families, and communities and are forced to exist in the margins of society.

We believe our sisters are ready to step in from the margins, embrace lives of hope and health, and partner with us to erase fistula from their horizons. We can only do this with our sisters and you.



Manuella suffered from fistula for many years. Then she met Petra, Hope for Our Sisters' Fistula Prevention and Awareness founding facilitator. Petra encouraged her to come to the hospital for fistula surgery. **Manuella courageously went and was healed!** She then mustered up even greater courage and shared her story of healing at the first Hope for Our Sisters' Fistula Prevention and Awareness session in Angola with over 140 women present! **Manuella is finding her voice and rising into her full potential as a woman and a leader.**

## Hope for Our Sisters promotes focused, evidence-based efforts to address the root causes of obstetric and traumatic fistula, and lack of maternal care.

It is not enough to simply treat fistula in developing countries. Organizations must create opportunities for communities to prevent the circumstances that lead to fistula. Hope for Our Sisters understands that deliberate efforts taken to address the root causes of fistula and lack of maternal care will not only lead to the prevention of fistula, but serve to ensure that the next generation

of women leaders are healthy, empowered, and free to reach their potential.

We invite you to come alongside us as we seek to increase our efforts for women and their communities by **2025**, reaching over **75,000** women, men, children, and health workers with meaningful care, education, and hope, as well as the opportunity of overall health.

*“We are not to simply bandage the wounds of victims beneath the wheels of injustice, we are to drive a spoke into the wheel itself.”*

—DIETRICH BONHOEFFER

# Our Model: Empowering Women Through Hope and Health

We actively partner with women in Angola, the Democratic Republic of the Congo, and Nepal by way of our comprehensive prevention, treatment, and empowerment programs.



Angola



Nepal



Democratic Republic  
of the Congo



## Prevention

### Fistula Prevention & Awareness Sessions

- Yolanda Alberto (Angola/CEML)
- Dr. Shirley Heywood (Nepal/INF)
- Petra Jerónimo-Jobse (Angola/Arvore da Vida)

### Ultrasound Empowerment Program

- Dr. Priscila Cummings (Angola/Kalukembe Hospital)

### Maternal Health Funds

- Angola/CEML, Angola/Kalukembe Hospital, DRC/Wellness Clinic

### Sustainable Medical Care

- General and Fistula Surgeon Development (Keir Thelander/PAACS)
- Training Hospital Establishment (Keir Thelander/PAACS)



## Empowerment

### Aftercare Program

- Jeni Cachicata (Angola/CEML)

### Microfinance

- Chantal Dz'da Mandro (DRC, Wellness Clinic)

### Sexual Gender-Based Violence Groups

- World Relief (DRC)
- Jean Nyandwi (DRC/World Relief)

### Rehabilitation & Empowerment Program

- Dr. Shirley Heywood (Nepal/INF)



## Treatment

### Fistula Repair Surgery

- Dr. Stephen Foster, Dr. Annelise Olson, & Dr. Sam Fabiano (Angola/CEML)
- Jean Nyandwi (DRC/World Relief)

## The Hope Generation is Ready to Rise

Today we are focused on scaling our prevention and empowerment programs. We are living in a time where we must all seek to engage in radically compassionate acts and become beacons for hope and health. With your support, we can effectively partner with our sisters and strive to make our shared vision a reality: **a world where women are valued, live to their fullest potential, and are positive change agents within their communities.** We invite you to **join our new "Circle of Compassion"** so that the current and future generations of women not only survive, but also thrive, as strong leaders in their local communities as well as in global society.

# Our Current Impact for Healing and Systems Change

Take a look at our numbers. The impact is clear.



## Fistula Prevention & Awareness Sessions

have educated

# 38,700

women, men, children, health workers, and NGO representatives



## Empowerment Programs

4 unique Empowerment Programs in Angola, DR Congo, and Nepal

## Maternal Health Fund

3 funds established in Lubango, Angola; Kalukembe, Angola; and Goma, DR Congo



# 625+

## Ultrasound Empowerment Program

over 625 ultrasounds performed

## Rise Up Into Our Circle of Compassion

We are seeking to gather twenty members by 2025 who make commitments of \$2,500–\$20,000 a year over five years. Each investment level will have a significant impact on our work and support our long-term sustainability.

**\$5,000** will fund a microfinance program granting 50 women the opportunity to start a new business, eventually become self-sustaining, provide for their families, and contribute to their communities.

**\$10,000** will support an emergency maternal health fund or ultrasound empowerment program for one hospital for one year, which plays a key role in the prevention of fistula and resulting death of children.

**\$15,000** will furnish one-third of a year's salary for the local Fistula Prevention and Awareness team to travel to rural areas to educate women, men, and health workers in rural communities on fistula prevention and nutritional sessions.

**\$20,000** will fund the annual education of an African

surgeon learning general and women-focused care and ministry. It can also provide for the establishment of a partner hospital into a PAACS training hospital.

**Thank you for considering a partnership with us. We look forward to having you in our growing community of compassionate, inspired, hope-generating investors.**

Contact President and Co-Founder, Brooke Sulahian, at [brooke@hopeforoursisters.org](mailto:brooke@hopeforoursisters.org) for more information and to join the movement.

**HFOS Vision.** Our vision is a world where women are valued, live to their fullest potential, and are positive change agents within their communities.