



NAGURU TEENAGE INFORMATION AND HEALTH CENTRE (NTIHC)

International Women's Day 2019

“Empowering Women through Innovative Approaches to Social Protection; a Pre-requisite for Inclusive and Sustainable Development” (A case of Naguru Teenage Centre)

Today 8th March 2019 Naguru Teenage Information and Health Centre joins rest of the world to celebrate the International Women's Day (IWD). It is a day in recognition of the role and contribution of women to the development process. The day provides an opportunity to enhance advocacy for inclusion of women's concerns in the development agenda at all levels. This year's focus is on “**Empowering Women through Innovative Approaches to Social Protection as a Pre-requisite for Inclusive and Sustainable Development**”.

Since 1994, Naguru Teenage Information and Health Centre (NTIHC) has directed its efforts towards reducing teenage pregnancies, preventing STI including HIV and providing sexuality information for behaviour change to young people to enable them make informed decisions and stay safe. This has enabled the young people overtime to achieve their ambitions and make positive contributions to their families, communities and the nation at large. Through its Adolescent Sexual and Reproductive Health program NTIHC empowers young girls to take charge of their lives. This is done by equipping them with accurate information through the various organised groups that exist at the centre; one of which is the Peer Mothers' Club that provides support to all young mothers. The club brings together over 40 young mothers monthly to share experiences, address challenges and get more information on maternal health to help them cope with their situation. They are empowered to demand for their sexual and reproductive health rights and to make healthier choices for a better future.

We encourage all young girls to benefit from the free services provided at NTIHC and in other public health facilities. We also encourage them to make use of our toll free helpline number. (08003112222) to get information and counselling on different ASRHR issues. **The Centre is located at Kiswa Health Centre opposite Shell Bugolobi and it is open Monday to Friday (8.00am to 5.00pm) Saturday (8.30am – 2.30 pm). It remains closed on Sunday and public holidays.**

We appeal to the Government and different stakeholders support teenage girls stay healthy, acquire relevant education and skills to empower them stay safe.

The NTIHC is located at Kiswa Health Centre opposite Shell Bugolobi and is open from **8.00 am – 5.00 pm Monday to Friday and 8.00 am – 2.30 pm on Saturdays** and all our services are free of charge to young people aged 10 – 24 years.

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