

Female Caregivers: Kinama Camp, Burundi

Aldine (mother of three children with disabilities)

"I am happy to share my story, as it is one of positive change. I have three children; all three of them have disabilities. My oldest child is blind, the middle child is partially blind and my youngest child has an intellectual disability.... So I am a very busy mother, but I am a very proud mother.

"The IRC [International Rescue Committee] has helped me very much. Before, I used to have a lot of worries about money and I used to feel a lot of stress, I would feel sad, lonely, and like I was not a very good parent. I would be tired and unhappy. The best part of the activities so far have been the group discussions and the movies. The movies make me feel so happy, they change my bad ideas and they make me leave thinking good ones. They make my heart lighter and happier, which I think makes me a better mother. I am able to go home and tell my children the stories. It gives me more creative ideas to share with them. They cannot see things like others, but now at least I have better words for them, ways to describe images to them, better ways to share hope with them. I have made friends watching these movies, I feel less alone. I feel like I am calmer and a better mother. My heart feels proud that I can keep these children safe."

