



March Newsletter

TOMBOSSABFOUNDATION.ORG@TOMBOSSABFOUNDATION

Success Story

Reaching Our Goal, Changing Lives



We're proud to share an important milestone for our foundation: for the 2025–2026 school year, we selected **two student recipients** whose dedication to education and community impact deeply align with our mission. Both individuals are pursuing their education with purpose and a clear desire to create positive change in their communities. Supporting students like these is exactly why this foundation exists, and this first step reinforces our commitment to investing in potential, resilience, and long-term impact.



Breaking Barriers to Mental Health Care

East African communities, particularly those in the diaspora, face persistent barriers to accessing mental health care due to **cultural beliefs, language differences, and financial constraints**. Mental health challenges are often understood through **spiritual or physical lenses**, which can increase stigma and delay support. **Language gaps** further complicate care, as many mental health terms lack direct translations, leading to miscommunication and unmet needs. **Cost and limited access** to affordable services also make mental health a lower priority for many families. At the **Tombossa B Foundation**, we believe meaningful progress starts with **culturally responsive, community-centered care—care** that honors language, family involvement, and trusted community voices. By investing in awareness, education, and access, we aim to help close these gaps and support healthier, more empowered communities.

Source: "Bridging the Mental Health Gap for East African Communities: Understanding the Role of Culture, Language, and Access." by Laki Mahamud

A Note From Our Foundation

Some forms of support are loud. Others are quiet, consistent, and deeply needed. This month, we're focusing on the small skills and moments that often get overlooked—but make a lasting difference in mental health, learning, and connection.

We hope something here feels useful to you.



Upcoming Events & Programs Calendar

Here is a detailed look at our upcoming schedule. We invite you to join us!!

**AUG
TBD**

**2nd Annual
Community Field Day**

From 3PM to 9PM, we're turning the park into a community celebration with giant relay races, tug-of-war tournaments, water balloon challenges, sack races, and more field day favorites. Bring the whole family to enjoy music, a bounce house for the kids, mouthwatering food off the grill, and sweet treats from our refreshment stands. Feeling lucky? Don't miss our raffle draw for an awesome prize giveaway at sunset! All proceeds go toward supporting youth scholarships and mental health resources in our East African communities. Admission is free, but donations are warmly encouraged—every dollar helps change a life.

Stay tuned for more Upcoming events this year!



◆ **Get Involved
Today!** ◆

Explore our website to discover more about our foundation and uncover opportunities to donate, volunteer, and get involved!

Visit us at
tombossabfoundation.org
or scan the QR code above!