

# CHANGE4ce: THE IMPACT MULTIPLIER

Developed by Dr. Peg Herbert and psychosocial facilitators in rural Africa, CHANGE4ce offers programs of varying lengths using a selection of accessible modules that deal squarely and effectively with painful, complex and emotionally laden issues.

**CHANGE4ce doesn't tell people what to think, it teaches them how to think.**

Age-defined, timed, sequenced modules build trust, open emotions, and change attitudes and behaviour. Each program graduate is expected and trained to become a leader in their families and community and to advocate for social change.

CHANGE4ce materials, training and support empowers your participants to:



**Heal: build resilience through psychosocial support;**



**Learn to think: foster critical thinking, healthy decision making and self-management; and**



**Have a purpose: become leaders who take action for the benefit of others.**

CHANGE4ce consists of **four** distinct steps:



# WHAT IS CHANGE4ce?

CHANGE4ce is a compassionate, proven life-skills training program for vulnerable populations for sustainable development. When you empower people to heal, grow and take charge of their lives, they will influence those around them.

**When you train 100 people and they each influence 5 more – 500 lives are changed!**

Originally developed and delivered in rural Africa, more than 37,000 vulnerable people have already graduated from CHANGE4ce programs.

These carefully sequenced, reiterative training modules are easily contextualized for various ages and presenting issues. Gender equity issues are embedded in all modules and approaches.

*CHANGE4ce modules have been successfully used with pregnant teenagers, young mothers, grandmothers, adolescents, herd boys, girls, boys, young adults, police officers, community leaders, government officials.*

## Example Module Topics

- Sexual violence
- Gender issues
- Conflict resolution
- HIV/AIDS
- Goal setting
- Grief and loss
- Health
- Decision making
- Self-esteem
- Stress management
- Leadership; and
- Dozens more.

Please contact Dr. Peg Herbert to learn more about becoming a CHANGE4ce partner.

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*in partnership with:*

