



INTERNATIONAL ASSOCIATION FOR  
**WOMEN'S MENTAL HEALTH**  
www.iawmh.org



# Women's Mental Health in Bloom 2026 24hr Global Webathon Saturday 7 March 2026

## Sub-Saharan Africa

Time (CAT/SAST)	Healing Women in Africa through UBUNTU: <i>I am because we are</i>
8:30 – 8.40am	<b>Introduction and Welcome</b> <i>Dr Anusha Lachman</i>
8:40 – 9.00am	<b>The State of Africa: Why Women Still Matter...</b> <i>Dr Lavinia Lumu</i>
9.00 – 9.45am	<b>Women as Caregivers, Relationships with a Disability Lens</b> <i>Dr Anusha Lachman and Dr Noreth Muller-Kluits</i>
9.45 – 10.15am	<b>Interracial adoption – Identity, intentionality and the integration of black babies into white caregiving spaces</b> <i>Miss Rachel Makoni</i>
10.15 – 10.45am	<b>Pregnancy, Power, and Care: Relational Ethics in Women's Mental Health</b> <i>Dr Elsa du Toit</i>
10:45 – 11.15am	<b>Restoring the Dignity of African spirituality- Integrating Western and Traditional healing systems for mental health</b> <i>Dr Ntombizanele Menze</i>
11.15 – 11.30am	<b>Conclusion</b> <i>Dr Lavinia Lumu</i>

### Regional Partners

