



SENSEI LAB (SL)

Where Community Becomes Care— Weekly Meetups • All Ages • Psychosocial Support •

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The Problem: Silence Is Spreading

In homes, campuses, and neighborhoods across Kenya, a quiet crisis is unfolding:

- Teens scroll alone, masking anxiety with curated online personas
- Parents feel powerless, watching their children drift into secrecy and despair
- Young adults graduate with degrees—but no sense of purpose or belonging
- Mothers, fathers, and mentors carry their own unspoken stress—with no safe space to process it

Traditional systems—churches, schools, families—are stretched thin.

What's missing is low-barrier, recurring, relational space where honesty is honoured, not punished.

Our Answer: Sensei Lab (SL)

Sensei Lab is a weekly community gathering that builds psychosocial resilience through connection, play, and guided conversation—all rooted in *Real Talk* by Spira Kaveli.

Unlike one-off events or formal therapy, SL is: NO WITH YOU

- Weekly → Creates rhythm, not pressure
- Thematic → Each meetup explores one '*Real Talk*' issue through games and dialogue
- Age-Segmented → Safe spaces for honest sharing
- Campus + Church-Based → Meets people where they already are physically or virtually
- Free or Low-Cost → Funded by "1 paid = 1 free" model

SL is not an event. It's infrastructure.

A place where healing begins with a game, a question, and a listening ear.

Program Structure

Frequency & Timing

- Every two weeks on Friday, 5:00–8:00 PM (aligned with campus breaks)
- Additional weekday labs for parents, men, and women (Tues–Thurs, 6:00–8:00 PM)

Venues

- University Campuses (Daystar Town, UoN, Kenyatta, etc.) — for youth
- Partner Churches & Community Centers — for parents, men, women, mothers
- Virtual Forums for men, women and parents

Lab Tracks (Age-Segmented for Safety & Relevance)

Lab Track	Ages	Focus	Format
SL Youth Lab	13–18	Identity, peer pressure, digital life	Indoor games + small-group dialogue
SL Young Adult Lab	19–22	Purpose, relationships, future design	Discussion circles + mission challenges
SL Parent Lab	25–50+	Boundaries, communication, self-care	Story-sharing + practical tools
SL Men’s Circle	25–50+	Emotional honesty, fatherhood, integrity	Accountability + mentorship
SL Women’s/Mothers’ Circle	25–50+	Resilience, identity beyond caregiving	Peer support + restorative practices

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- ✓ Facilitated by: Trained SL Captains (youth leaders) + Sensei Mentors
 - ✓ All dialogue: Confidential, consent-based, trauma-informed
 - ✓ Games: Designed to reveal truth without shame (e.g., “Friend or Foe?” for toxic relationships)
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Integration with the Full Sensei Ecosystem

mermaid

- **SL is the front door: First touchpoint for curious families**
- **Pathway is the pathway: Structured mentorship for deeper work**
- **Camp is the climax: Immersive breakthrough experience**
- **Alumni return to SL: As peer leaders, closing the loop**

Goal: Convert 30% of SL attendees into Pathway enrollees within 3 months

Safety, Consent & Operations

- **Youth (13–18): Parental consent required for first attendance**
- **All participants: Sign basic info + emergency contact form**
- **Facilitators: Trained in safeguarding, mental health first aid, and *Real Talk* curriculum**
- **No 1:1 interaction: All dialogue in groups of 4–6**

Funding Model:

- **Urban labs partially funded by Pathway/Camp fees**
 - **Rural labs fully subsidized via “1 paid = 1 free”**
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Why This Works

1. **Meets people where they are—physically (campus/church) and emotionally (no “fixing” required)**
 2. **Normalizes help-seeking through play, not pathology**
 3. **Creates organic recruitment into higher-commitment programs**
 4. **Builds community ownership via peer-led SL Captains**
 5. **Scales sustainably through cross-subsidization and partnership**
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Call to Action

For Churches & Campuses:


Host a pilot Sensei Lab at your venue. We provide facilitators, materials, and training. You provide space and community trust.

For Parents & Youth:

Join our SL call out events as announced

For Partners:

Co-fund a rural SL Lab and extend care to underserved communities.

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 Learn More: www.zolacares.com

Who We Are

Sensei Lab is a dedicated arm of Zola AllCare—Africa’s emerging psychosocial infrastructure committed to ensuring no one walks through hardship alone.

We believe healing begins not in clinics, but in community—around tables, in circles, through games that unlock truth.

“I am because you are.”

