



The cost of inaction is high. Help them now!

Call +254 758 701 994
+254 738 919 819



Teen Psychotherapy

We offer confidential clinical and counseling psychological support for teens facing the complexities of adolescence. Our expert therapists provide a safe space to work through issues like anxiety, depression, low self-esteem, academic stress, and peer pressure. We empower teens to understand their emotions and build the resilience needed to navigate life's challenges with confidence.



Teen Digital Wellness & Addiction Mentorship

Our mentorship helps teens develop a healthy relationship with their devices and the digital world. We provide guidance on navigating issues such as social media anxiety, gaming addiction, cyberbullying, body image issues related to online content. Also substance and behavioral addiction as well as sex and sexuality.



Teen Lifeskills Mentorship

We prepare teens for a successful future by equipping them with practical life skills essential for adulthood. Our mentorship addresses key areas like effective communication, financial literacy (budgeting and saving), time management, goal setting, and building a healthy social circle. We help teens build the confidence and competence to thrive in their personal, social, spiritual and professional lives.



Safe and Secure Teen Mentorship

We empower teens with the essential skills to protect themselves from societal hazards and predators. Our program teaches personal safety awareness, how to recognize and avoid risky situations both online and in person, how to protect themselves from child traffickers and rapists, self-defense basics, and digital security awareness to prevent exploitation.

Group Programs

We provide both in-house and outdoor group mentorship sessions to foster connection and a sense of belonging. Our engaging sessions, held in a fun and supportive environment, are designed to help teens build confidence and social skills. We also organize customized group camps and retreats in East and Central Africa upon client request, we have a pool of venues to choose from. Our program mixes fun and experiential learning.

Session Bookings

Our Sessions are **Ksh 3000** per individual Teen. Work or House Calls transport costs will be factored in. Bookings are done between 8am and 6pm daily.

Hospital Sessions
Mon-Sun 8am-8pm

On-line Sessions
Mon-Sun 6am-10pm

House or Work Calls
Fri-Sun 8am-5pm



☎ +254758701994 | +254738919819
✉ contact@zolacares.com
📱 @zolacares
🌐 www.zolacares.com

