

**“They will not labor in vain,
nor will they bear children doomed to misfortune;
for they will be a people blessed by the Lord,
they and their descendants with them.”**

Isaiah 65:23



Hue ja feeds her baby, Por er,
with her husband



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Thriving Families



Being a mother is hard work anywhere. But in the village of Ka Chi, Laos, motherhood is particularly gruelling.

Most residents here rely on working in the field or collecting bamboo, rattan, and herbs in the forest each day. Survival depends on daily labour.

“Our main struggle is going to the field during pregnancy,” mothers Sa pher (23), Cher sa (29), and Hue ja (21) tell us. “Even if we’re in labour, we have to go to the farm to work. If we don’t work, we’ll have nothing to eat.”



“In the future, we hope other moms will also visit the health center.”

But when **community health volunteers** are trained by medical staff at a World Renew-supported health center, they can provide **prenatal checkups, nutrition training, and preventative care** that women would otherwise not have access to.

“The village health worker, doctors, and nurses supported us so we could understand how to breastfeed,” the mothers say. “They also provided nutrition training for our babies and ourselves. The village facilitator demonstrated how to cook food properly and include nutritious ingredients.”

Learning about diseases like chickenpox, polio, and whooping cough can be confusing as most of these diseases don’t have names in the local language. But community health volunteers have the time, resources, and trust to help navigate decisions about live-saving immunizations.

In Phongsaly, the infant mortality rate is 60 per 1,000 — the highest rate per province in the country — but programs like this one make an impact. World Renew has helped train and mobilize volunteers in 13 villages, meaning more women are supported before, during, and after birth.

When you support World Renew’s Free A Family®, you provide resources for families like Hue ja’s to overcome their challenges and journey away from food insecurity and other vulnerabilities.

Learn more at worldrenew.net/FreeAFamily or worldrenew.ca/FreeAFamily

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