Our Flagship Events

Postpartum Well-being Conference
A dedicated space focused on maternal mental health, emotional recovery, and supporting mothers throughout the postpartum period.

Yoga & Well-being Day
An event dedicated to yoga, mindfulness, movement, and the pursuit of greater inner balance.

Self-Care Day
Workshops and activities centered on self-love, emotional well-being, and the adoption of positive everyday practices.

World Breastfeeding Week
Awareness and educational initiatives aimed at supporting the health and well-being of both mothers and children.

Suicide Prevention Day
An awareness initiative designed to encourage dialogue, prevention, compassion, and access to mental health support.

World Mental Health Day
Conferences, panel discussions, and community activities promoting awareness, dialogue, and emotional well-being.



Partnership Opportunities

Djibouti Wellness Initiative welcomes collaboration with organizations and stakeholders who share our commitment to advancing well-being, mental health, and human development. We welcome partnerships with:

- International organizations and development institutions;
- Embassies and cultural institutions;
- NGOs and humanitarian organizations;
- Well-being experts and practitioners;
- Professionals from diverse fields and sectors;
- Media organizations, sponsors, and communications partners;
- Members of the Djiboutian diaspora.

Together, we can develop innovative, inclusive, and sustainable initiatives that advance the well-being of individuals and communities.

LET'S CONNECT

Djibouti wellness initiative

Djibouti wellness initiative

@djiboutiwellness

@djiboutiwellnessinitiatives

Djibouti wellness initiative

+253 77 84 72 47

DJIBOUTI WELLNESS INITIATIVE

DJIBOUTI WELLNESS INITIATIVE



WELL-BEING AS A DRIVER OF DEVELOPMENT

Who We Are

Djibouti Wellness Initiative (DWI) is an association dedicated to promoting holistic well-being, mental health, and human development among individuals, communities, and organizations.

Through awareness-raising programmes, training, and support initiatives, DWI creates spaces and opportunities that foster resilience, personal growth, and collective well-being.
Committed to supporting women, men, and young people, DWI also promotes collaboration with businesses, institutions, and organizations that share its vision of a healthier, more resilient, and inclusive society.

Why It Matters

Djibouti, like many countries around the world, is facing growing challenges related to stress, mental health, social isolation, and lifestyle-related health concerns. Despite these realities, conversations around emotional well-being and mental health often remain limited.
DWI aims to:

- Normalize conversations around mental health and emotional well-being;
- Make well-being education and resources more accessible to all;
- Strengthen community resilience;
- Promote prevention and greater self-awareness;
- Empower women and young people to become active contributors to positive social change.

Our Vision

A resilient and inclusive society in which mental health, self-care, and collective well-being are recognized as essential pillars of individual and community development.

Our Mission

To improve mental, emotional, and social well-being through education, prevention, community engagement, and culturally responsive well-being programmes.

Our Areas of Expertise

Our areas of intervention are grounded in a holistic approach to well-being, aimed at strengthening individual and collective capacities while promoting healthier, more inclusive, and resilient environments.

Through training, awareness-raising, and tailored support programmes, we work across a range of areas, including mental health and emotional well-being, stress management, workplace well-being, and the development of practices that support a healthier and more balanced way of life.
Our approach also integrates the promotion of appropriate physical activity, healthy and balanced nutrition, better sleep habits, and effective time management. We encourage collaboration with businesses, institutions, and organizations committed to making well-being a driver of sustainable human and social development.

"Individual well-being is the foundation of a strong and resilient community."



Our Programs

Workplace Well-being & Leadership
Programs designed to strengthen employee well-being while developing the human and emotional competencies of leaders.

Mental Health & Emotional Well-being
Conferences, workshops, and support programmes focused on stress, emotions, resilience, and self-awareness.

Women's & Youth Empowerment
Initiatives that foster confidence, leadership, creativity, and the development of individual potential.

Team Building, Retraites & expériences de transformation
Collective experiences designed to help individuals reconnect with themselves and others, gain a deeper understanding of their personal journey, and shape their future with greater clarity and purpose.

Holistic Well-being Practices
Mindful breathing, EFT, natural therapies, and other practices that promote relaxation, reconnection with the body, and inner balance.

Training & Empowerment through Well-being Professions
Practical training programmes that enable individuals to develop valuable skills and create new professional and economic opportunities.

Culture, Traditions & Healthy Lifestyles
Celebrating and integrating traditional and ancestral practices while promoting healthy nutrition, quality sleep, physical activity, and a more balanced way of life.

