



# Lynn Chapman

ID: 12690 Country: [Kenya](#) Region: Africa

## Biography

I am grateful to be volunteering with WGM in [Kenya](#), serving in a variety of capacities. I am going to learn about member health, which means caring for missionaries on the field who experience high levels of stress and often trauma. I am also interested in better understanding the mental health needs of Africans in this region, specifically related to trauma-resiliency. While in Kenya, I will be collaborating with mental health professionals and WGM missionaries to explore ways the various needs of these groups of people are being and could be addressed.

As a follower of Jesus Christ, a licensed professional counselor, and a board-certified dance/movement therapist, I am compelled to offer my skills and resources to help others. My volunteer assignment will be both a service trip and a vision trip, involving time leading wellness workshops and serving with the [Least of These](#) ministry, as well as visiting with professionals at Tumaini (a counseling center in Nairobi) and [Tenwek Hospital](#).

I am growing in my understanding of the need for African women leaders to help address the complex challenges of the continent. To that end, I will be contributing my professional and personal skills to support growth and development of the [Leadership Development for African Women](#) program in Nairobi.