



• HEALING •

Empowering Resilience, Rebuilding Lives
self-love, humour & support



INTRODUCTION

Empowering Resilience, Rebuilding Lives

Supporting individuals through life's challenges. **Welcome to Healing**, a pioneering initiative dedicated to empowering **Women and Youth** navigating trauma through **Divorce, Widowhood, and Drug addiction/Recovery.**



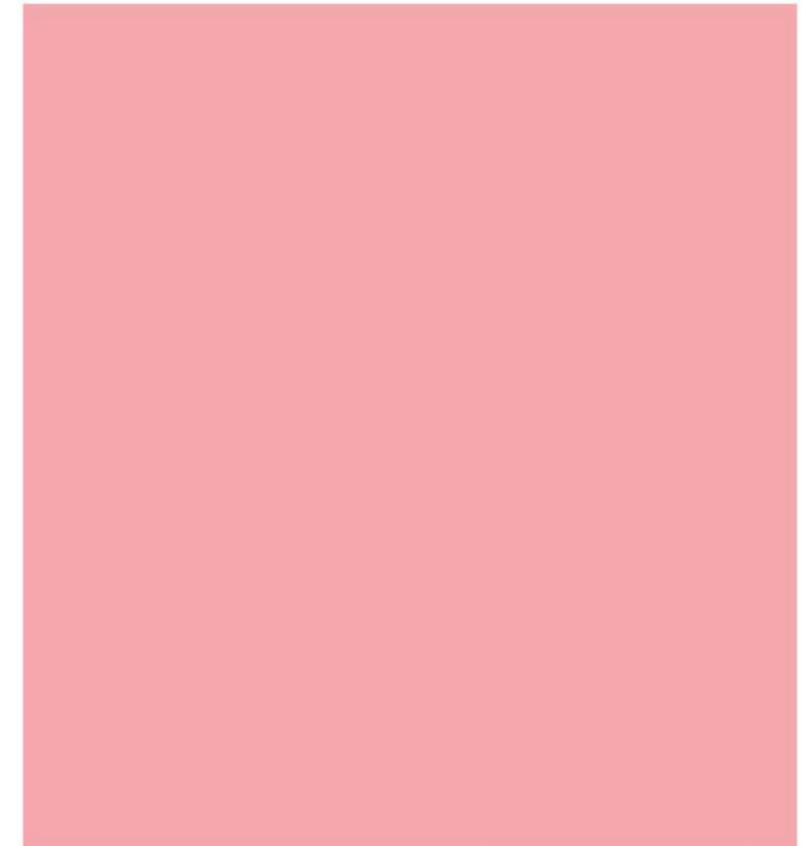
EXECUTIVE SUMMARY

Healing is aimed at ***providing a supportive community*** for individuals dealing with trauma, including **divorcees** [We prioritize marital reconciliation efforts for couples in crisis, divorcees require a declaration of exhausted reconciliation efforts to participate in our support programs], **widows**, the **youth struggling with drug addiction**, and in **recovery**. By providing emotional support, guidance, and resources, we enable individuals to rebuild their lives and become agents of change in their communities.



MISSION

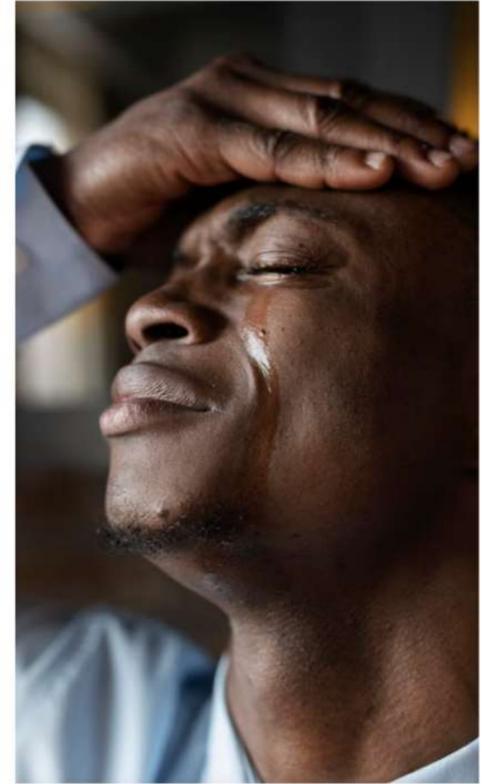
Mission Statement: At **Healing**, we empower Women and Youth navigating trauma through a supportive community and comprehensive programs. We cultivate a culture of self-love, compassion, and mutual support, fostering healing, growth, and resilience



VISION

Our core values are the foundation of our community:

- **Self-Love:** Encouraging women to prioritize their own well-being and self-care, recognizing their worth and value as individuals.
- **Humor:** Fostering a lighthearted and playful atmosphere to help women cope with challenges and find joy in the healing process.
- **Support:** Providing emotional, financial, and spiritual support to help women navigate difficult times and build resilience.
- **Community:** Building strong, meaningful relationships among community members, promoting a sense of belonging and connection.





Healing *through self care*

OBJECTIVES

- **Foster Community:** Create a sense of community and connection among members, promoting a supportive environment through regular workshops and support activities.
- **Empower Individuals:** Empower individuals to rebuild their lives, promoting self-sufficiency, personal growth, and a brighter future, and enabling them to become agents of change in their communities.
- **Rehabilitate and Support:** Provide emotional support, guidance, and resources to individuals navigating trauma, creating a safe space for vulnerable people.



THE PROBLEM

In **Ghana**, Africa, the predominantly cultural context perpetuates the marginalization of divorcees, widows and the youth struggling with addiction, contradicting the inclusive and compassionate appropriate approach. **Divorce** and **Widowhood** can be a traumatic experience, especially women who are financially unstable. **Drug addiction and Recovery** can be a crushing burden, especially for the Youth who often struggle in silence and often face societal stigma and isolation. This systemic exclusion denies these individuals a safe space to heal from traumatic experiences, whether from divorce, addiction, or other related challenges, exacerbating their **physical loneliness, psychological distress, mental health issues**, and **imbalance**. This leaves them without a supportive network to navigate recovery, rebuild their lives, and stay motivated on their path towards healing and growth.

THE SOLUTION

Healing aims to empower individuals to heal, grow, and thrive, restoring hope and promoting a brighter future.



HEALING



TARGET AREAS & MAIN ACTIVITIES

1. Drug Addicts and Recovery

Healing targets individuals struggling with addiction in various settings, including: **Community:** Providing support and resources for individuals and families affected by addiction. **Prisons:** Offering rehabilitation programs for inmates struggling with addiction. **Schools:** Educating students about the dangers of addiction and providing support for those affected. **Rehabilitation Centers:** Collaborating with treatment centers to provide comprehensive care.

2. Divorcees

Healing supports women going through divorce, providing: Emotional support, guidance, and resources for women navigating divorce, regardless of the type of marriage (ordinance, religious, traditional, etc.). **We prioritize marital reconciliation efforts for couples in crisis, divorcees require a declaration of exhausted reconciliation efforts to participate in our support programs**

3. Widows

Healing supports widows in: **Community:** Providing emotional support, guidance, and resources for widows in the community. **Religious Organizations:** Partnering with religious organizations to provide support and resources for widows.



Healing

through humour

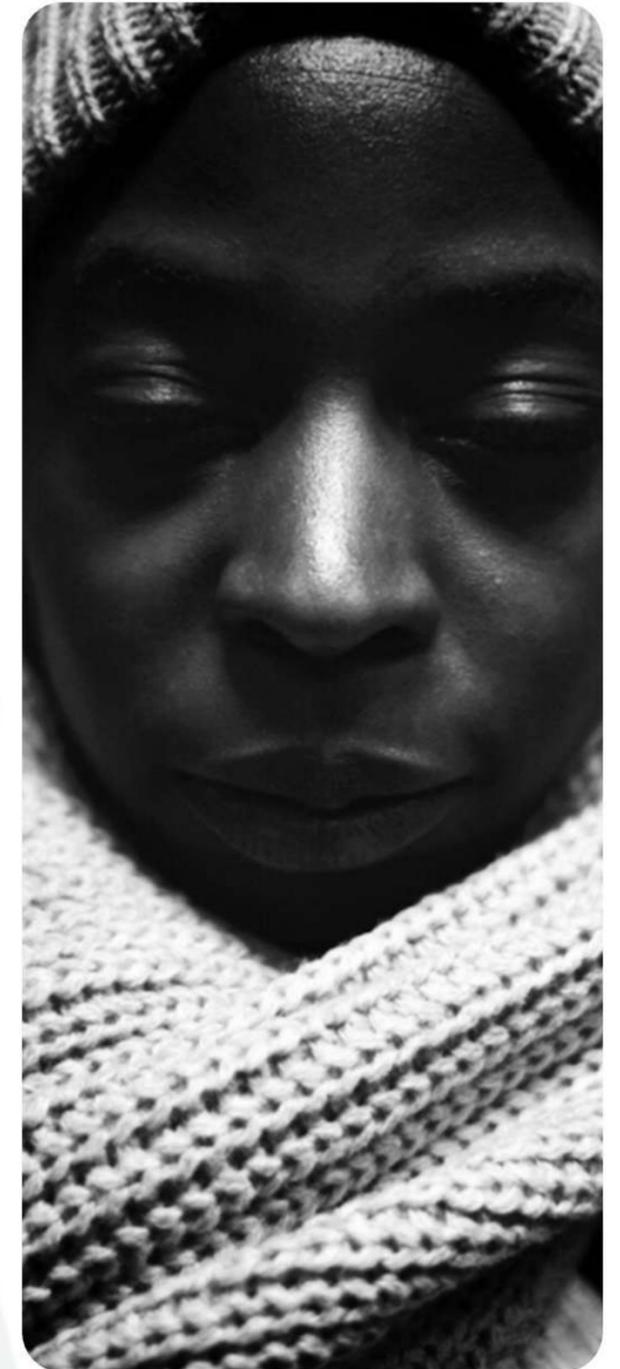
Workshops [Bi-Annually] & Sensitization Seminars [Quarterly]

- **Restorative Justice:** A workshop focused on healing, accountability, and reintegration, promoting restorative practices and community building.
- **Breakthrough and Beyond:** A workshop for sharing stories, releasing emotional burdens, and embarking on a healing journey.
- **Canvas of Emotions:** An expressive art activity for emotional expression and relief.

Informative sessions on topics like: Trauma Informed Care, Coping mechanisms, Stress management, Grief and Bereavement, Addiction Awareness, Relapse prevention, Mental Health Awareness and Personal growth

Counseling [Virtually and Bi-Annually in person]

Individual and group therapy sessions providing a safe and confidential space for emotional healing and growth. Our virtual counseling therapy sessions offer flexibility and expert guidance from experienced counselor with over 50 years of combined experience.



WHAT HEALING HAS TO OFFER : PROGRAMS

Economic Empowerment

Job skills training, entrepreneurship programs, and job placement services:

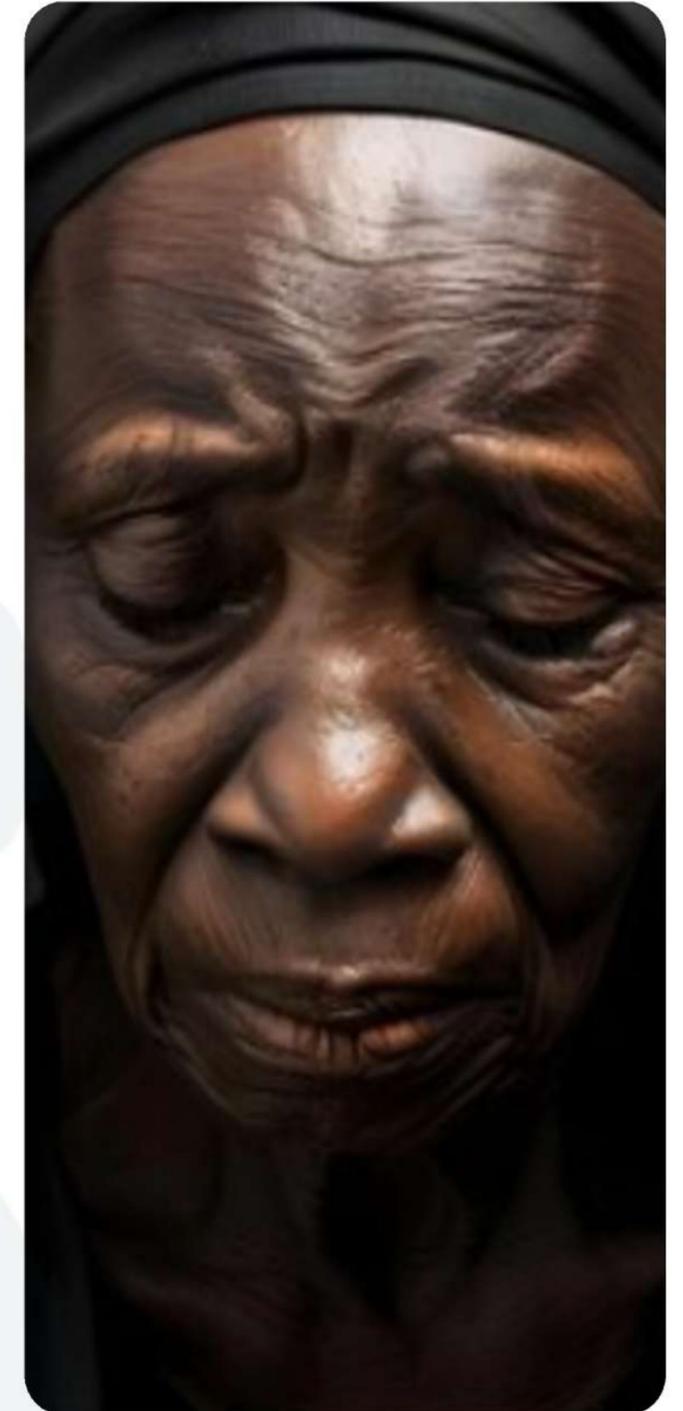
- Vocational training and job placement services
- Entrepreneurship training and business skills development
- Partnering with key stakeholders to provide apprenticeship opportunities for beneficiaries

Reconciliation and Support

Our support programs **prioritize marital reconciliation efforts.** For divorcees, **participation in our Monthly Sister Support Initiative requires a declaration from our Reconciliation Team that marital reconciliation efforts have been exhausted with no hope of reconciliation.**

Eligible individuals can then participate in:

- Monthly Sister Support Initiative: A community-based support system for divorcees and widows, where members contribute GHC 20 monthly to support each other in a rotational basis, promoting transparency and trust, and providing a basis for temporary **support.**



Meet Our Founder

Marwa Npurba Suleman, Founder of Healing, is a beacon of **hope** and **resilience**. Having navigated the challenges of divorce and emerged stronger, Marwa now dedicates her life to empowering others on their healing journeys. **With an upmost priority on reconciliation, particularly for couples in crisis, Marwa's approach emphasizes the importance of exhausting all avenues of reconciliation before moving forward** Additionally, Marwa's personal experience with **close relatives devastated by drug addiction has deepened her compassion** and commitment to supporting individuals struggling with trauma, addiction, and recovery. Through **Healing**, Marwa is inspired to work with experts to share the **blueprint** for healing, motivating & empowering others to rise above adversity and thrive.

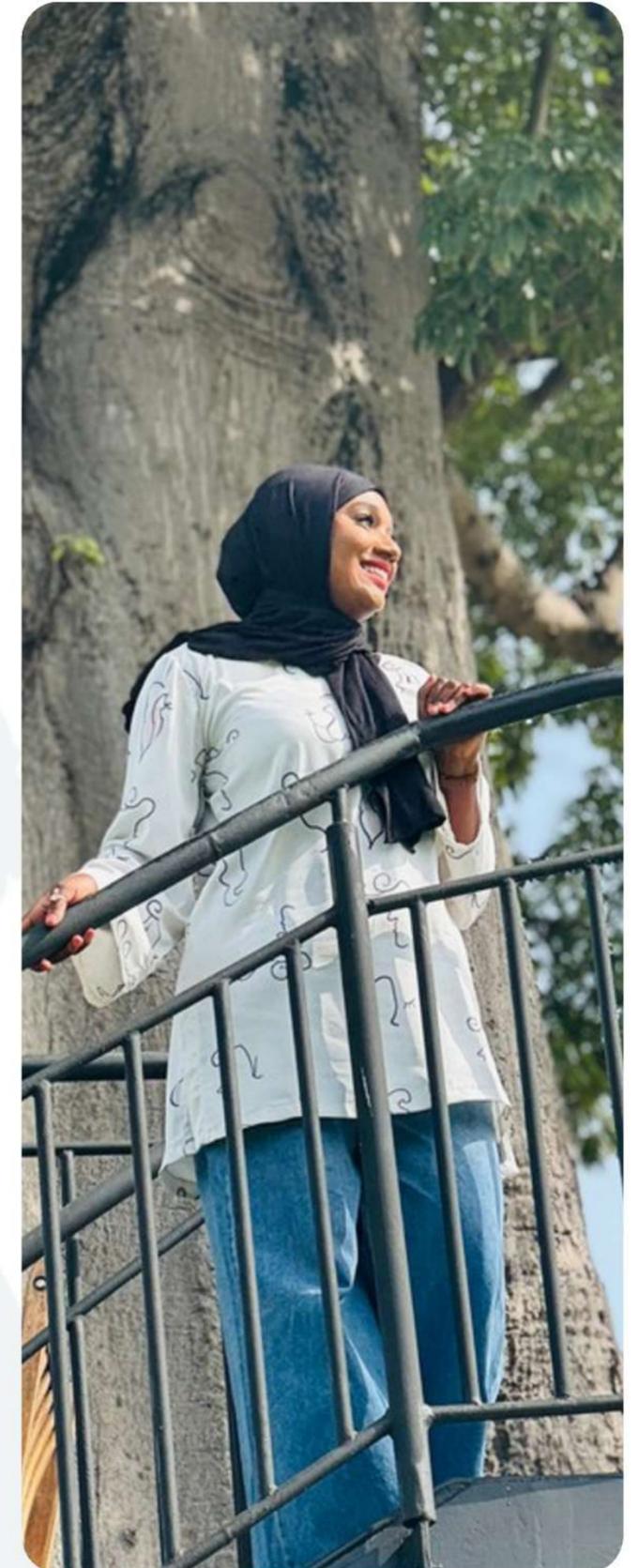


A Message from Marwa

"I understand the pain, the struggle, the feeling of being lost and the impact of addiction's ripple effects. But I also know that **healing is possible**. For those navigating marital challenges, **my priority is always reconciliation, whenever possible**.

My journey coupled with witnessing loved ones grapple with addiction has taught me that with the right **support, self-love, and spiritual guidance**, we can overcome even the darkest of experiences.

I created **Healing** to provide **a safe space for individuals to share their stories, receive emotional support, grow spiritually, empowering them to heal, grow, and thrive.**"



CONCLUSION

Healing is a **pioneering initiative** that provides a **supportive community** for **individuals navigating trauma;** Divorce, and Drug Addiction. Our mission is to empower individuals to heal, grow, and thrive through a culture of self-love, compassion, and mutual support. Together, **we can create a safe space for healing and growth,** making a meaningful difference in lives.



Healing *through support*

Get in Touch:

We'd love to hear from you! If you have any questions or would like to learn more about Healing, please don't hesitate to reach out.

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Thank You!

