

Supporting Girls & Young Women in Cameroon

Program Launch Summer 2026

WHO CAN JOIN?





Girls and young women in Cameroon, between ages 13 and 25, are invited to participate in Nuvia's healing, educational, and empowerment programs – free of charge. We offer age-specific groups so that each girl can learn, heal, and grow at her own pace and in the company of peers facing similar challenges.

AGE GROUPS

GROUP 1: Ages 13–15

Safety, Expression, Self-Esteem

Workshops include:





-  Art & Journaling
-  Introduction to Mental Health
-  Healthy Friendships
-  Confidence Through Movement

Parental guidance will be included.

GROUP 2: Ages 16–19

Identity, Resilience, Relationships

Workshops include:





-  Trauma & Resilience
-  Healthy Love vs. Control
-  Academic & Life Goal Setting
-  Social Media & Self-Worth

Includes school outreach & family dialogue.

GROUP 3: Ages 20–25

Healing, Leadership, Independence

Workshops include:

-  Healing from Abuse or Neglect
-  Professional Skills & CV Building
-  Women's Health & Mental Wellness
-  Finding Purpose After Setbacks

Childcare support may be available.



TRANSPORTATION

Free transportation will be provided from designated zones in Douala. You'll be able to request transportation when enrollment opens.

WHAT PARTICIPANTS RECEIVE

- Access to a 3-month healing circle (summer cohort)
- Monthly educational workshops (year-round)
- A Dignity Kit with hygiene items
- Meals during sessions
- Digital check-in tools to track progress
- A supportive and loving environment

PROGRAM LOCATION

Douala, Cameroon - in a secure and welcoming space designed for adolescent girls and young women. Exact location to be shared with enrolled participants.

HOW TO GET INVOLVED

- Girls and families can sign up to get notified when enrollment opens:
<https://nuviaglobal.org/enrollment/>
- Schools, hospitals, and organizations can submit referrals using our referral form online.



Scan to **ENROLL** or **REFER**.

Join Nuvia - a place where **healing, hope, and purpose** begin.

Her Voice. Her Strength. Her Future.

