



# Restoring Strength, One Girl At A Time

Introductory Presentation

*Her voice. Her strength. Her future.*

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# Why Nuvia Exists



Nuvia exists to support adolescent girls and young women (ages 13-25) in Africa who are healing from trauma, violence, or emotional distress.



Through healing circles, mental health workshops, and wraparound support, we help girls find their voice, rebuild their confidence, and rise strong.



## Our Core Values:



Compassionate  
Healing



Empowerment



Community



Safety



Respect



Hope

# A Hidden Crisis



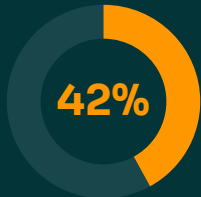
Across Africa, millions of girls live with the silent weight of trauma—caused by violence, instability, abuse, or emotional neglect. Most never receive care.

**Mental health  
is stigmatized**

**Safe spaces are rare**

**Girls often  
suffer in silence**

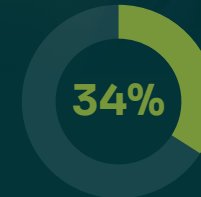
**Yet across sub-Saharan Africa, the crisis is profound:**



About **42% of women** experience physical or sexual violence in their lifetimes ([World Bank](#))



Nearly **25% of adolescent girls** aged 15–19 who've been in relationships report partner violence ([Reuters](#))



And **child sexual abuse** affects approximately **34% of girls** in Africa before age 18 ([Wikipedia](#))

**Despite the scale of trauma, access to mental health services is extremely limited:**



Fewer than **1 professional counselor per 4 million children/adolescents**, with most resources concentrated in big cities ([WHO | Regional Office for Africa](#))



In Kenya, only **33% of survivors of gender-based violence seek any psychosocial support**, and just **\*\*3% reach professional counselors** (RSIS International)\*\*

# A Safe Space To Heal And Grow



Nuvia provides community-based, trauma-informed healing programs tailored to girls and young women.

## Our core components

Education sponsorships and resilience programs

Mental health talks in schools and communities



Healing Circles (3-month trauma recovery groups)

Monthly empowerment workshops

Dignity kits and safe transport

# Who We Serve



**We serve girls and young women (ages 13–25) who have experienced:**



Emotional trauma



Domestic or sexual  
violence



Chronic illness or  
disability



Isolation, depression,  
or school dropout

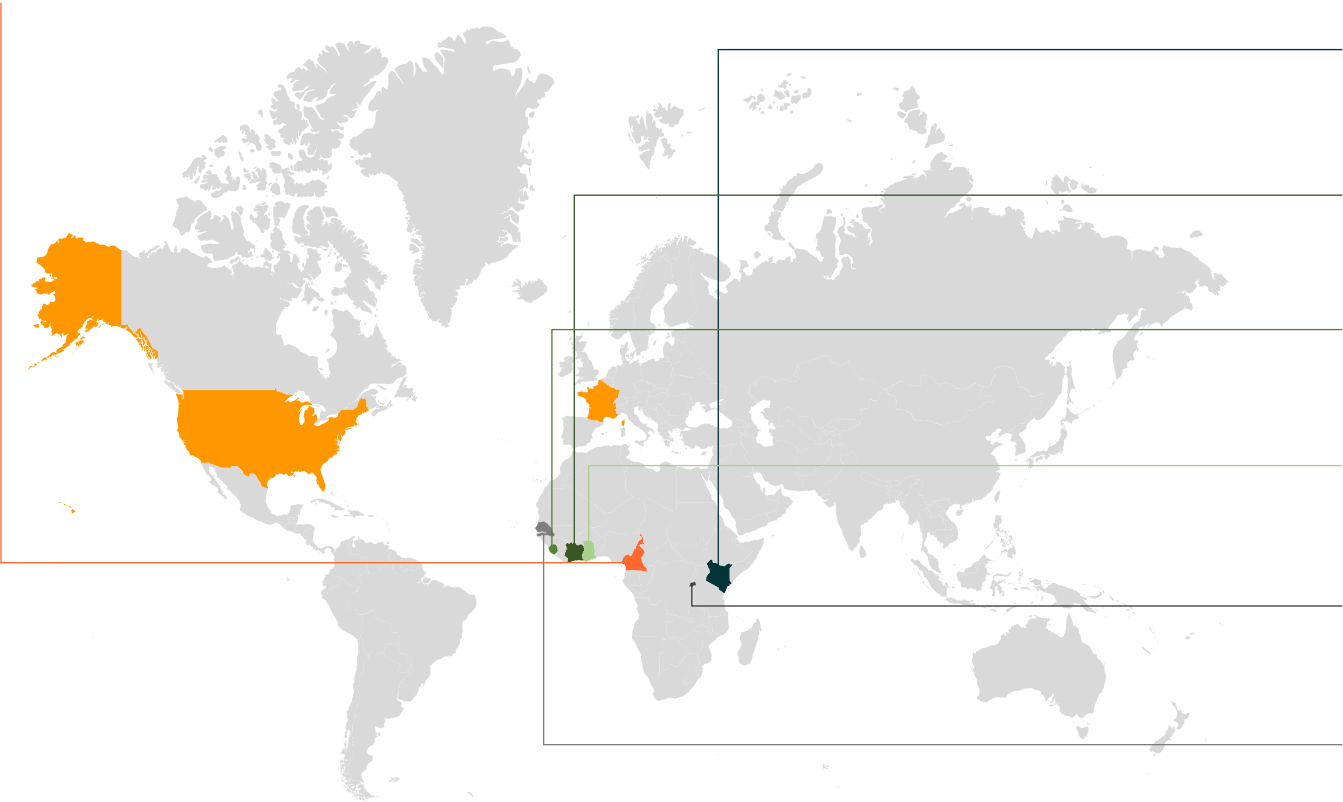


**Priority is given to those referred by hospitals, schools, or shelters.**

# Starting In Cameroon – With A Vision Beyond



Nuvia will launch in Douala, Cameroon in 2026.



France and U.S. will serve as global support hubs.

Our long-term vision includes:



Year 3 - 4

Kenya



Year 4 - 5

Ivory Coast



Year 5 - 6

Sierra Leone



Year 6 - 7

Ghana



Year 7 - 8

Rwanda



Year 8+

Senegal and broader Africa

# From Pain To Power: Our Theory Of Change



Nuvia believes that safe, trauma-informed spaces create the conditions for healing, growth, and reintegration.



Through peer support, consistent mentorship, and wraparound care, girls and young women can recover their sense of self-worth, rebuild their futures, and become agents of change in their communities.



## Inputs



Mental health staff



Healing curriculum



Dignity kits & transport



Safe space



## Activities



Healing circles



Empowerment workshops



Mentorship



School reintegration



## Outcomes



Emotional resilience



Increased trust & confidence



Reconnection to  
education/work



## Long-term Impact



Healthier, empowered girls



Reduced trauma cycles



Local women leaders




## It will include:



The floor plan shows a complex layout of rooms and corridors. Key areas include:

- Top Section:** A large open area with a circular arrangement of tables and chairs, possibly a cafeteria or meeting area, and a large green lawn with trees.
- Central Core:** A large yellow-colored central area containing a main hallway, several classrooms or meeting rooms, and a central open space.
- Left Wing:** Contains rooms such as the "Elder's Office", "Powder Room", "Antennas", "JBB Office", "Medication Queue", "Nursing", "Hydri-Erg", "Computer Lab", "Sewerly Center", "Bayer Room", "Kitchen", "Cafeteria", "Gift Social Room", and "Reading Room".
- Right Wing:** Contains rooms such as the "Elder's Office", "Powder Room", "Antennas", "JBB Office", "Medication Queue", "Nursing", "Hydri-Erg", "Computer Lab", "Sewerly Center", "Bayer Room", "Kitchen", "Cafeteria", "Gift Social Room", and "Reading Room".
- Bottom Section:** Includes a large open area with a circular arrangement of tables and chairs, a large green lawn with trees, and a parking area with several cars.

The plan is oriented with a north arrow pointing towards the top right. The overall design suggests a functional and accessible building layout.



## Outdoor zones

**Our first healing facility, designed to promote dignity, emotional recovery, and sisterhood at every level.**

# Tracking Healing In Real Time



**Our Monitoring & Evaluation system tracks progress across:**



Psychological  
wellbeing  
(pre/post  
assessment)



School or  
training  
reintegration



Participation  
and attendance



Access to care  
and basic needs



Peer  
connection and  
trust-building

**We use digital tools to gather, analyze, and adapt in real-time.**

# Why Nuvia Is Different



Trauma-informed + culturally grounded



Fully free for participants



Digital-first tools and data tracking



Safe transport from underserved areas



Strategic hospital & school partnerships



Diaspora-led and community-anchored



Renewable-energy facility model



# Ways To Partner Or Fund



**Let's create safe spaces for girls to heal. Together.**



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# Sources & References

*To support the data and impact claims presented in this deck.*

- World Bank (2023). *Gender-Based Violence Statistics – Africa Region.*
- WHO Regional Office for Africa (2022). *Mental Health Workforce Estimates.*
- RSIS International (2023). *Access to Psychosocial Services in Kenya.*
- Reuters (2021). *Teen Partner Violence in Sub-Saharan Africa.*
- Wikipedia (accessed 2024), citing UNICEF & regional public health data: *Child Sexual Abuse Prevalence in Africa.*

*Additional references available upon request.*

