



Nayee Shuruuat

A Fresh Start



Nayee Shuruuat is a 10-week self-awareness and educational programme aimed at helping South Asian women who have faced Domestic Abuse.



The programme is designed to help participants recognise the characteristics of both unhealthy (abusive) and healthy relationships



How sometimes the culture, family expectations, shame (Sharam) and honour (Izat) keeps us trapped in abuse.



It provides insight into tactics used by an abuser; be it an intimate partner, family members or from communities



It explores the impact of such abuse on families and children as well as how to heal from it.

Ending Abuse. Beginning You.

We talk about life after abuse:

- Dealing with Post-separation control.
- Managing trauma and trauma bonding.
- Improving mental/emotional health.
- Engineering a more resilient mindset, by cultivating new, healthier ways of thinking



Start date: Monday 13th April 2026 **Time:** 12.30- 15.00

To reserve a place, please contact:

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Location: Nari Centre
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