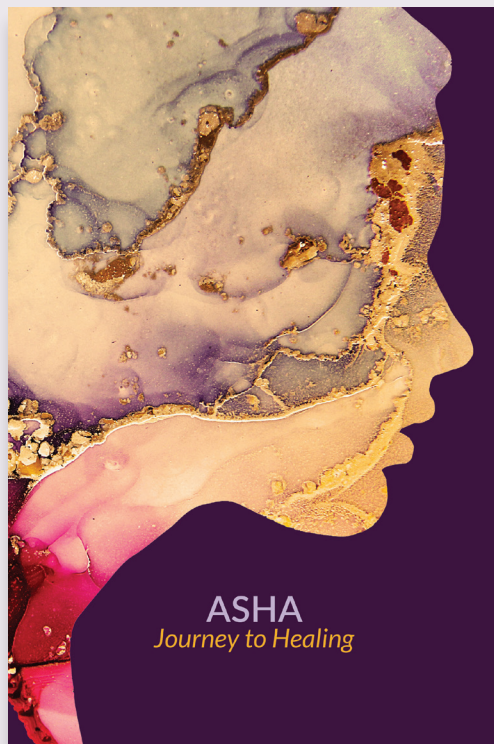


ASHA

Journey to Healing

- The Asha programme is designed specifically for women who have experienced gender-based violence and abuse.
- Through the programme, participants are encouraged and equipped to take ownership of their healing journey.
- The programme provides a safe place for women to process their experiences and to learn practical coping skills.
- The programme also includes stories of different kinds of traumas women face to show participants they are not alone.
- Lessons are based upon Jesus' "I am" statements in the Gospel of John. Through the Bible stories women encounter the Jesus who loves them and died for them.
- A QR code to relevant artworks for reflection are also included in the facilitator guide.
- The Asha programme has a participant workbook and facilitator guide.



Available in: English (Anglicised), Spanish, Portuguese, Ukrainian, Arabic (Classic), Arabic (Libyan), Arabic (Sudanese) & Arabic (Gulf).

Title: ASHA

Subtitle: Journey to Healing

Category: Frontline Church (Adversity, Crisis & Trauma)

Age: Women (aged 15 and up)

Length of programme: 9 weeks

Bible translation: New International Reader's Version (NIRV)

Format: Softcover

Size: Participant Handbook 140mm w x 210mm h
Facilitator Guide 210mm w x 297mm h

Pages: Participant Handbook 80 pages
Facilitator Guide 88 pages

