

Who We Are

ParentingU is a community-based organisation committed to supporting women who have experienced domestic abuse or unhealthy relationships under EmpowerHer Project. We provide safe, culturally-sensitive spaces where women can learn, share, and regain control of their lives. Our programmes are delivered by trained facilitators who understand the cultural, emotional, and practical challenges faced women from different background, and age groups.

CONTACT US

02089301081

zuhra@parentingu.co.uk

www.parentingu.co.uk

empower
HER

ONLINE

FREEDOM PROGRAMME

For Arabic Speakers

About the Programme

The Freedom Programme is a 10-week course designed to help women:

- Understand the tactics used by controlling or abusive partners
- Recognise the difference between healthy and unhealthy relationships
- Build self-esteem and confidence
- Learn how abuse affects children and family life
- Explore pathways to safety, independence, and wellbeing

This online version is delivered entirely in Arabic for women who feel more comfortable expressing themselves in their own language.

Benefits for Participants

- Safe, non-judgmental online space to share experiences
- Delivered by experienced Arabic-speaking facilitators
- Increased confidence, self-awareness, and emotional resilience

Eligibility

- Women aged 18+ who speak Arabic
- Living anywhere in UK
- Have experienced, or are at risk of, domestic abuse
- Can commit to attending weekly online sessions

How to Join

- Referrals must be made by the appropriate local authority
- Upon receipt of the referral, we will arrange a brief screening call with the participant to confirm suitability before starting the sessions

The programme is a chargeable service. Please contact us for details of the current package and pricing structure.