

The Emerge Centre



For more than 10 years, Emerge has supported hundreds of girls who are living in shelters due to sexual abuse. Through its internationally-recognized programming, Emerge has equipped these young women with the business acumen, life skills, and financial resources needed to thrive in their adult lives.

What is the Emerge Centre? The Emerge Centre provides a trauma-informed residential empowerment programme for 16 young women at a time. It is a creative, experiential, and healing space that inspires self-discovery, cultivates a growth mindset, and equips participants with tools needed for independence.



Who does it work with? The Emerge Centre supports young survivors of sexual abuse as they transition from shelters and step into adulthood.

Why is it important? During reintegration, these young women often need additional support while finding their first places to live, learning to travel on their own, and interviewing for their first jobs. The Emerge Centre was established to fix this problem.

Keys to Independence

- Growth mindset
- Strong mental health
- Personal and professional development
- Successful career or academic placement
- Community service

Emerge Centre Facilities

- Classroom
- Computer lab
- Kitchen and culinary training area
- Girls' dormitories
- Recreation lounge
- Counseling room
- Yoga and meditation terrace
- Reflection garden
- Centre administrative office



Core Programming

Individual and group counseling

Practical and hands-on reintegration curriculum

- **Personal and professional development**
- **Technical training**
 - Computer training
 - English language learning
 - Finance and management
 - Additional track-specific vocational training through future partnerships
- **Interpersonal skills**

4-stage professional or educational placement programme

1. **Introduction to future opportunities** through training workshops and guest speakers
2. **Exposure field trips**
3. **Experiential "trial period"** through internships, job shadowing, and/or short-term academic placements
4. **Professional or educational placements** upon programme completion

Additional Support Provided

- Visiting counselors, doctors, and lawyers
- Yoga and meditation classes
- Self-defense classes
- Art therapy
- Community service projects
- Regular training, events, and reunions for alumna

Get Involved

Email: info@emergeglobal.org

Website: www.emergeglobal.org

Social Media:

