

MIND'S **Our Voices** warmly welcome you to

Sakinah...

Muslim Women's Support Group



Peace of Mind...tranquility...ease...

These are all things we crave and often feel are out of our reach...often leaving us feeling depleted and in need of **a safe space...**

Come and join us in exploring mental health challenges in a **warm, caring** and **confidential** setting.

We want to **hear your voices** and needs as Muslim women so we can **work together** towards individual and social change!

Where?

SAMA Academy

544 Roman Road,
Bow E3 5ES

When?

Thursdays (Weekly)

10am-12pm

Start date 18th November 2021

***We are committed to
diversity and inclusion,
cultural competency and
religious sensitivities***

For queries and registration,
please contact
Ayesha on **07511 076874**
peerservices@mithn.org.uk

Mind in Tower Hamlets and Newham:
020 7510 1081
info@samaacademy.co.uk



Lived Experience Accessing Peers

In Partnership with

