

Sakinah...

Muslim Women's Support Groups



*Peace of Mind...understanding...connection ...*These are all things we crave and often feel are out of our reach. This can leave us feeling depleted and in need of **a safe space...**

Come and join us to explore mental health and wellbeing in a **warm, caring** and **confidential** setting that **celebrates** the strengths of **Muslim Women**.

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

Join us at your convenience in a mosque of your choice

Where ?

Darul Arqam Mosque & MCC

17 Jutland Road (off Barking Road),
Plaistow E13 8JH

When?

Mondays (Weekly)
10am-12pm

Where ?

(ELM) Maryam Centre

45 Fieldgate Street E1 1JU

When?

Tuesdays (Weekly)
10am-12:pm

Where ?

Shah Jalal Mosque

722-724 Romford Road,
E12 6BT

When ?

Wednesdays (Weekly)
10am-12:pm

Where ?

SAMA Academy, 544 Roman
Road, Bow E3 5ES

When ?

Thursdays (Weekly)
10am-12:pm

For queries and registration, please contact
Ayesha on **07511 076874** peerservices@mithn.org.uk
020 7510 1081