

# Emotional Well Being

*For Arabic speaking women living in Kensington & Chelsea*

*Starts: Wednesday, 19<sup>th</sup> September 2012*

*Time: 10-1pm*

*Where: Al-Hasaniya  
Moroccan Women's Centre*

**FREE Crèche &  
Refreshments  
Provided**

A series of thirteen weekly workshops covering all aspects of emotional well-being will shortly be starting at Al-Hasaniya. The course aims to provide therapeutic support within a warm welcoming environment where women can feel comfortable and secure.

This is a rare opportunity for us to provide such a service as the sessions will be facilitated by an Arabic speaking Islamic/ mainstream Psychotherapist from Parkside Clinic as part of the Inspire Well-Women Programme.

**Please contact Esma on 020 8969 2292** to register. We accept self-referrals and referrals from GP's and other services. For those requiring a crèche space, please contact the centre to book a place for your child.

We look forward to seeing you

