

# AL-Hasaniya Moroccan Womens Centre Mental Health Project

Gardening  
Project  
Sewing Classes  
Jewellery



Monday Morning Cafe Club  
Yoga Classes  
One to One support  
Workshops on Mental Health

**We are here to help**



*Support for Arabic speaking women*

*Are you experiencing any difficulties? Are you depressed? Do you need help with advocating?  
Are you isolated? Need support with accessing services otherwise unknown to you? Would you  
like to meet new people?*

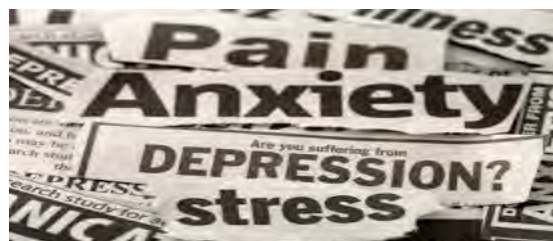
*Activities and Programmes designed to suit all  
Mental Health Awareness Workshops  
One to One Support  
Counselling  
Sign Posting*

*"I love the Cafe Club, I have  
met new people and made  
new friends"*

*"I love Al-Hasaniya, they are  
like my family"*

*Should you require any support or help please contact us on the details below*

*"I feel much  
better about  
my condition, I  
have learnt  
how to cope  
under stress, I  
don't feel so  
depressed all  
the time"*



Contact details: Zohra Davis 02089692292

Email: [zohra@al-hasaniya.org.uk](mailto:zohra@al-hasaniya.org.uk)

Please note this Project is for RBKC residents only

*"I have cut down  
on my medication,  
because I am so  
busy with so much  
to do, my support  
worker helps me to  
feel good about  
myself"*

AL-HASANIYA  
MOROCCAN WOMEN'S CENTRE



الحسنية  
مركز النساء المغربيات