

سَلِيمَة



SALIMA  
Hanke

**A NEW GROUP FOR  
MUSLIM- AND IMMIGRANT WOMEN  
WITH ARAB BACKGROUND**

*How is your life here in Finland?  
How are you?*

*Come and meet other women while having a cup  
of coffee/tea and light snacks. If you don't want  
to come alone, take your friend or neighbor with  
you!*

*In the group we can talk for example about what  
makes us happy, our lives in general and what is  
well-being.*

*There will also be some relaxation and  
mindfulness exercises.*



**To register and for more information contact [yanika.wilen@amalry.fi](mailto:yanika.wilen@amalry.fi) or 04578318555**

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*If you make a list of important things  
to take care of,  
WHERE WOULD YOU PLACE YOURSELF?*

*Salima group will have weekly meetings  
in Telatie 8, (near Teboil Itäväylä)  
on Tuesdays 13.00–16.00  
from August until December 2021.*

*You are welcome to join us!*

*Childcare is provided for children under 6 years.  
Group leader is expert by experience in multicultural, social  
service, religious and mental health issues.*

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# Salima project for Muslim and immigrant women with Arab background

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Our aim is to support and promote the well-being and resilience of the women and to increase their inclusion and sense of empowerment.

Provide peer support from the same religious background and cultural knowledge, somebody who has experience with these issues.

Increase the awareness of social services, so seeking help to different issues would be easier.

Build bridges and coordinate cultures to avoid possible misunderstandings.

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