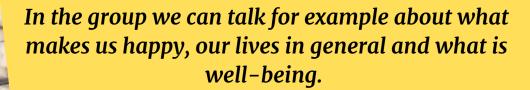


## A NEW GROUP FOR MUSLIM- AND IMMIGRANT WOMEN WITH ARAB BACKGROUND



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!

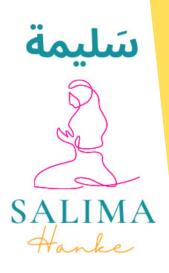


There will also be some relaxation and mindfulness exercises.









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.





## Salima project for Muslim and immigrant women with Arab background



Our aim is to support and promote the wellbeing 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.