

GRENFELL - 4 YEARS ON

To mark the 4th anniversary of the Grenfell tower fire, the Al Manaar Counselling Service is offering a drop-in support group sessions as part of our mental health service to support families, friends and everyone involved in the North Kensington community during June 2021.

THE DROP-IN SESSIONS AIM TO HELP YOU TO:

- Discuss where you are in your emotional level and what next?
- Learn new coping strategies from others through sharing with and learning from different perspectives and experiences.
- Develop supportive, trusting and healthy relationships with other people.
- Increase your self-esteem and your belief in your own ability to cope with your symptoms.
- Reduce your anxiety by helping others.

When: Every Monday from
7th to 28th June

Time: 8pm - 9:30pm

Where: Zoom Online

Contact / Sign up:
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