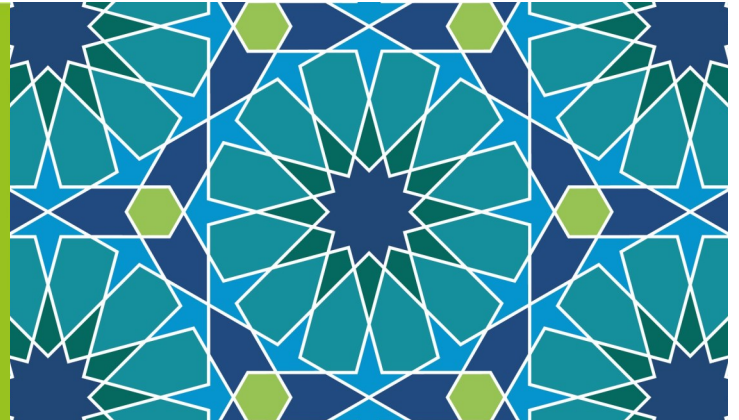


Together We Thrive

ART-BASED SUPPORT GROUP FOR MUSLIM WOMEN IMPACTED BY ISLAMOPHOBIA



COSTI is hosting an **eight-week support group for adult Muslim women** (age 18 and over). If you are feeling lonely, stressed, or anxious because of Islamophobia, then this program is for you. Other eligibility criteria are:

- Know enough English to understand instructions and converse with the group (LINC level 4+)
- Have access to a computer or a phone with a camera, a microphone and the Zoom app; stable WiFi, and a table
- Permanent Resident status

Dates: Thursdays, May 4, 11, 18, 25 and June 1, 8, 15, & 22, 2023

Time: 6:00 — 8:00 pm

Virtual via Zoom

We will have weekly themes and various artists will share their art, talent, and skills with the group. **Each participant will receive a Creativity Kit** which they will use for drawing, collage, journaling and other art activities.

At each session, we will have time to learn about each other, learn about the different experiences and impacts of Islamophobia, and practice/learn new ways to deal with the impact of those experiences

This project is funded by Immigration, Refugees, and Citizenship Canada.

REGISTRATION IS FREE, BUT SEATS ARE LIMITED.

Contact Paola Gomez at
Paola.Gomez@costi.org
 416-731-2524

COSTI's Family & Mental Health Services offers culturally responsive and confidential counselling services in Arabic, Farsi, Hindi, Italian and Spanish to individuals, couples and families in Toronto and York Region.

FOR MORE INFORMATION OR TO ARRANGE AN APPOINTMENT, CALL THE LOCATION NEAREST TO YOU:

Family & Mental Health Services
 Sheridan Mall
 1700 Wilson Avenue, Suite 105
 Toronto, ON M3L 1B2
 416.244.7714
famcounselling@costi.org



Hours:
 Monday, Tuesday, Thursday and Friday
 8:30 am - 4:30 pm

Wednesday
 8:30 am - 9:00 pm

costi.org

[@COSTI_org](https://twitter.com/COSTI_org)



Immigration, Refugees and Citizenship Canada

Immigration, Réfugiés et Citoyenneté Canada

