

# Amna

## Creative Groups

Are you struggling and in need of support?

Do you know or work with someone who might benefit from support to understand their experiences?

Creative groups are safe, confidential spaces where you can connect with others who have been through similar experiences and receive support to manage the impacts of leaving your home. We use movement, art, and other creative ways to express ourselves.

The groups are managed by trained professionals who will help you to make sense of your experiences and introduce you to tools for relaxation.

There are groups available for men, women and young people from 16 years of age. Each group is for up to eight people.



GROUPS ARE FREE TO JOIN AND TAKE PLACE ON ZOOM

TO DISCUSS SUITABILITY TO JOIN A CREATIVE GROUP, PLEASE CONTACT NSIMIRE AT [NSIMIRE@AMNA.ORG](mailto:NSIMIRE@AMNA.ORG)



# Talking Groups

Are you struggling and in need of support?

Do you know or work with someone who might benefit from support to understand their experiences?



Talking groups are safe, confidential spaces where you can connect with others who have been through similar experiences and receive support to manage the impacts of leaving your home.

The groups are managed by trained professionals who will help you make sense of your experiences and introduce you to tools for relaxation.

There are groups available for men and women, from 16+ years of age. Each group is for up to eight people.

GROUPS ARE FREE TO JOIN AND TAKE PLACE ON ZOOM

TO DISCUSS SUITABILITY TO JOIN A TALKING GROUP, PLEASE CONTACT NSIMIRE AT [NSIMIRE@AMNA.ORG](mailto:NSIMIRE@AMNA.ORG)