

Together We Thrive

Are you a Muslim woman feeling lonely, stressed or anxious due to Islamophobia?



Join our **art-based support group**, offered to Ontario residents, in-person by COSTI in collaboration with the Afghan Women's Organization Refugee & Immigrant Services.



To learn more, scan this QR code

Eligibility:

- Newcomers, refugees, immigrants and permanent residents in Ontario only.
- Muslim women (age 18 or over).
- Directly or indirectly impacted by Islamophobia.
- Willing to attend regular sessions.
- Access to a computer or phone with stable WiFi.

Benefits:

- Receive a creativity kit and colouring book.
- Earn a Certificate of Participation.
- Learn about Islamophobia, its impact and coping strategies.
- Share experiences and network with others.

For more information and registration, contact:

Shameela Ahmed

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For more information, contact:

Amina Sultani

Phone: 437-233-7536

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Registration is free but seats are limited.

Program Location:

Afghan Women's Organization Refugee and Immigrant Services

747 Don Mills Road, Unit 200 (Basement),
North York, ON M3C 1T2

Phone: 416.422.2225

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