



## Together We Can Thrive – Project Overview

Women Connect First are pleased to announce a new exciting Mental Health and General Wellbeing project 'Together we Can Thrive', the project aims to make a difference in the lives of women from diverse communities, to overcome the mental health stigma. The project will offer wide range of activities and support services by incorporating the social and cultural beliefs, and tackling different issues affecting the participants' lives.

The project is supported CAF Resilience Fund, which aims to help the people and causes hardest hit by Covid-19.

Our Together We Can Thrive project aims to engage with and support BAME women and their families to address identified mental health issues experienced during the Covid-19 pandemic. The proposed project will offer key services to diverse communities to help us support our community as we rebuild from the pandemic

This will be achieved through the delivery of a range of awareness training and well-being sessions. These will be provided remotely or face to face in a highly relaxed and confidential atmosphere to help participants feel safe and confident to open up and talk about their experiences.

Each activity will be tailored to the needs and age of the participants and will focus on tackling a range of different issues.

Sample activities of the project will include self-acceptance and sleep therapies, mindfulness and emotional resilience, health & well-being sessions, counselling, inter-generational activities, and social events.



**#CommunitiesCan #resiliencefund and #CharitiesAidFoundation**