

LOG KYA KAHENGGE? WHAT WILL PEOPLE THINK?

DO YOU IDENTIFY AS SOUTH ASIAN AND NEED A
SAFE SPACE TO TALK ABOUT LIFE CHALLENGES?

JOIN A FREE MENTAL WELLNESS SUPPORT GROUP

FOR YOUNG ADULTS (AGES 18-30): 1ST & 3RD WEDNESDAYS OF THE MONTH ON ZOOM

REGISTER HERE!
[SAMHIN.ORG/MENTAL-WELLNESS-SUPPORT-GROUP](https://samhin.org/mental-wellness-support-group)



SCAN ME

FACILITATORS



NAZIA DENESE, PH.D. MOOK BANGALORE



SAMHIN