

NEEMA WOMEN COMUNITY

*Neema means Blessing,
Women are a Blessing.*

We are a non-profit organisation created by women, for women. Our mission is to provide mental and wellness, counselling and guidance services to empower women.

***Mental services**

***Wellbeing**

***Support Services**

***Legal Advice**

***Youth Services**



www.neemawomen.com

Our Services

*Individual therapies:

Listening, diagnosis, balance sheet, action on a case-by-case basis. Each woman is a unique individual, the fruit of her personality, her life history, her journey and her need.



*Personality therapies:

Discovering, accepting, fulfilling, understanding one's origins, its history, reconciling one's identity with its culture with society: "knowing where you come from is knowing where you are going"



*Group Session:

Dialogues, exchanges, support, challenges. Find an empathetic listening in complete confidentiality. You can meet other women and share with them. And you can create a network of mutual aid and friendship.

*Social committee:

Meeting, socialisation, fighting against isolation. Coffee-meetings, workshops and conferences aimed at improving women's potential and their social involvement. To help women break their isolation. The purpose of this committee is to organise activities to entertain and connect. These activities are recreational rather than educational.



Our Services

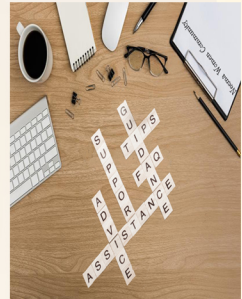


Well-being:

Relaxation, exercise, physical activities are important in mind. Physical activity restores a balance of life and reduces or eliminates the symptoms of mental disorders. Personalised exercise and health programs to help recover or maintain healthy lifestyle habits (sleep and physical activity) whilst increasing energy levels.

***Legal Advice:**

We believe everyone should have access to justice, yet many women don't know how to get legal help. A lack of access to justice leads to issues of poverty, homelessness, ill health, unemployment, broken households, and many other social and personal difficulties. Our legal advice for the local community, is providing preliminary legal advice on whether you have any legal rights or claim and identifying.



Support Service

Education, improving disabilities, problem-solving skills and self-confidence can help prevent mental problems such as behavioural disorders, eating disorders, substance abuse or violent behaviour and the problems of social networks. we offer guidance, educational support, and career advice as well as job search.



advice depression career
support parenting
behaviours stress anxiety loneliness
disorders violence empowering
relaxation addictions wellbeing mentoring
exercises

NEEMA WOMEN

Strong Mind in healthy body for peaceful life

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