



EMHIP

Support For Ethnic Minorities



WELLBEING ACTIVITIES AT HUB 2

Monday

The Monday Circle

8:00PM - 10:00PM

A safe and supportive environment for young women and mothers to share knowledge and offer mutual support.

Tuesday

Balham Mosque Women's Group

11:00 AM - 1:30 PM

Join us in our weekly session fostering emotional and spiritual support by integrating faith with mental health.

Wednesday

MEHFIL Women's Group

12:30PM - 3:00 PM

Join our cultural women's group, where women connect over shared meals.

Thursday

Falls Prevention Class

12:30PM - 2:00 PM

Join us in this class to participate in exercises to improve your physical well-being in your own attire of choice.

Friday

Citizen Advice Drop In

In partnership with Citizen Advice Bureau

11:00 PM - 16:00 PM

open to anyone seeking support with housing, cost of living assistance, and welfare rights.

Saturday

Men's Group

12:30PM - 15:00 PM

A safe space for men to connect, socialise, find support, and share a hot meal.



If you have any questions please contact us on this number: 020 8079 1357



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