

Impact

Women may experience:

- Isolation
- Stigma
- Depression
- Anxiety
- Low self esteem
- Trauma
- Feelings of guilt or shame
- Loss of support from family
- Feelings of hopelessness
- Worries over parenting
- Housing Issues
- Immigration problems
- Financial problems
- Unemployment
- Benefit issues
- Concerns over legal rights
- Health problems

I am a much happier person and know what I want in my life and not alone anymore.

How you can help

Volunteering Opportunities
Maa Shanti are always looking for support from volunteers.

We would like to hear from women who are single mothers, have an understanding of the needs of women fleeing domestic violence and may be able to speak any of the South Asian languages.

We offer paid travel expenses, free training and activities and the chance to join a supportive and friendly team.

Contact us:

020 7700 0675

info@maashanti.org

www.maashanti.org



Maa Shanti
Empowering Single
Asian Mums



Are you a single Asian mum looking for support and guidance?

Need

Maa Shanti was founded to empower mothers from the South Asian community who are fleeing domestic violence. Domestic Violence can be:

- Financial Abuse
- Physical Violence
- Emotional Abuse
- Psychological Abuse
- Sexual Abuse
- Social Isolation

Women have often been through a difficult journey and the decision to leave is a brave and frightening one.

Many are often pressured to stay in abusive relationships by family and the wider community.

Some women do not speak English as their first language, which can lead to feeling nervous about accessing mainstream services.

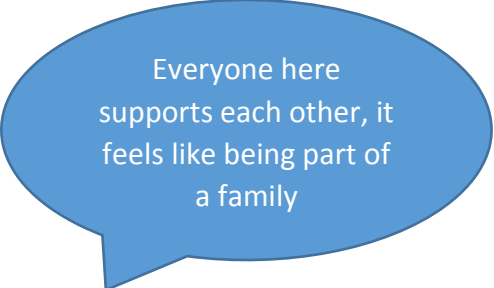
What we do

Our services enable mums to gain support and understanding within a safe and confidential environment.

- Advocacy
- Guidance
- Emotional Support
- Workshops
- Social Activities
- Referrals and signposting

Women can meet other mums in a similar situation and gain skills through activities and workshops as well as enjoy the company of other mums through social events including family days with their children.

We offer support in Hindi, Punjabi, Gujarati, Urdu and Bengali.



Everyone here supports each other, it feels like being part of a family

Activities

Mondays:

10am-2pm Drop-in

Tuesdays:

10am-1pm Arts and Crafts

Wednesdays:

10am-1pm Workshops

Including domestic violence and parenting, good mental health, financial empowerment, confidence and self-esteem and many more.

Thursdays:

10am-1pm Social activities including Bollywood films, cooking club, seasonal events for Eid, Diwali and Christmas and trips with children to theatres and museums.

Events are run during school hours and we run activities with mums and children during half term, the summer holidays and over Easter.