

Amna

Forced displacement can have a profound impact on a person's wellbeing.

At Amna, we help people regain their resilience and rediscover feelings of joy and belonging by supporting individuals, organisations and refugee communities to run safe spaces for restorative group activities.



Scan this code for more information.



We run programmes that address different aspects of the wellbeing of individuals who have been displaced:

Therapeutic Groups

These are for people with lived experience of forced displacement, including asylum seekers and refugees. They are safe and confidential spaces where people can access support from a supportive group and a trained therapist.

- Therapeutic group spaces enable people to feel safer, build resilience and focus on the future.
- Both talking/verbal & creative groups are available.
- Methods include talking, music, dance, movement and art to promote emotional healing, stabilisation and emotional regulation.
- The groups are available in English, Farsi, Dari, Hazara and Arabic and we use interpreters to accommodate other languages.
- There are separate groups for men and women.

Humanitarian Wellbeing Spaces

The Humanitarian Wellbeing Spaces provide a safe, confidential, grounding reflective practice space for volunteers and professionals who work with refugees.

- The spaces promote the self-care of professionals and volunteers to enhance their wellbeing.
- Participants learn good practices that support wellbeing and emotional regulation which can then be shared with broader teams.
- Additionally, the spaces support safer frontline work with refugees.



Introductory Training to Setting Up Safe Psychosocial Spaces

This free 3-hour online training gives practitioners and frontline workers an introduction to safe, good practice principles when setting up psychosocial support spaces and services for refugee communities.

- The Introductory Training is primarily aimed at organisations working with refugees.
- Bespoke training is also available upon request.



To learn more about our offerings please write to Gabriella@amna.org and Devika@amna.org.

Amna's vision is of a world where refugees can determine their futures, unbounded by the impacts of conflict and displacement.

www.amna.org
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