

LOCATIE:



CHARLOIS



Rotterdam healthy and well!

That is what we are going for.

Do you have friends or family who sometimes suffer from stress, depression, anxiety, worry or negative thoughts?

Or do you sometimes suffer from this yourself? Do you worry or have questions about your life?

Questions that arise from drastic events in your own life or the life of your loved one? Then join Rotterdam Healthy and Well! A healthy mind in a healthy body.

In Rotterdam Healthy and Well project you learn what you can do to feel better about yourself. You also learn how you can help people from your community, family or friends with this. Because if your partner or family member does not feel good about himself, it is not easy for you either!

You can choose:

- You can participate in activities with us where you learn how you can be more comfortable in your own skin, and which people or organizations can help you. You take part in a number of meetings, and you can steer and choose what suits you and what you find important. We also offer individual counseling.
- You can also follow a training to become a spokesperson, confidential counsellor and/or community organizer, to help other people in your community or circle of family and friends. Together we make sure we can live in a healthy community, not be a forgotten group, and look out for each other!
- There are also other ways to be involved with us. Are you interested as a volunteer or as a professional? Get in touch with us.

Who are we, and for who is this project?

Our approach is culturally sensitive care, specially aimed for people with roots in African cultures (Sub Sahara Africa, Suriname, the Antilles, and other countries). Our trainers have an affinity with these cultures and use a holistic approach. We are professionals in spiritual and mental care. We have years of experience in intercultural care and intercultural communication in mental healthcare.

Want to know more? Then contact the project leader [Godian Ejiogu](mailto:Godian.Ejiogu@peaceservant.nl) at 0650914842 or email: info@peaceservant.nl.

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