

THURSDAY 4 JULY 2024

A Wednesday support group meets in one of the meeting rooms



Took part **25**
Where **aikyam space, Fort Kochi**

Facilitators **2**
Run by **Mind Empowered**

Maya of Mind Empowered ran an in-person therapeutic support group in one of the meeting rooms every Wednesday from 5:30 to 6:30 pm. A small group gathered to share their mental health journeys and support each other through challenges. Sessions were free and anonymity was preserved.

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