

# WELLNESS THROUGH CONNECTION

Gulhan Yoldas 2023





# Agenda

Wellness through Connection

Community Engagement Strategy

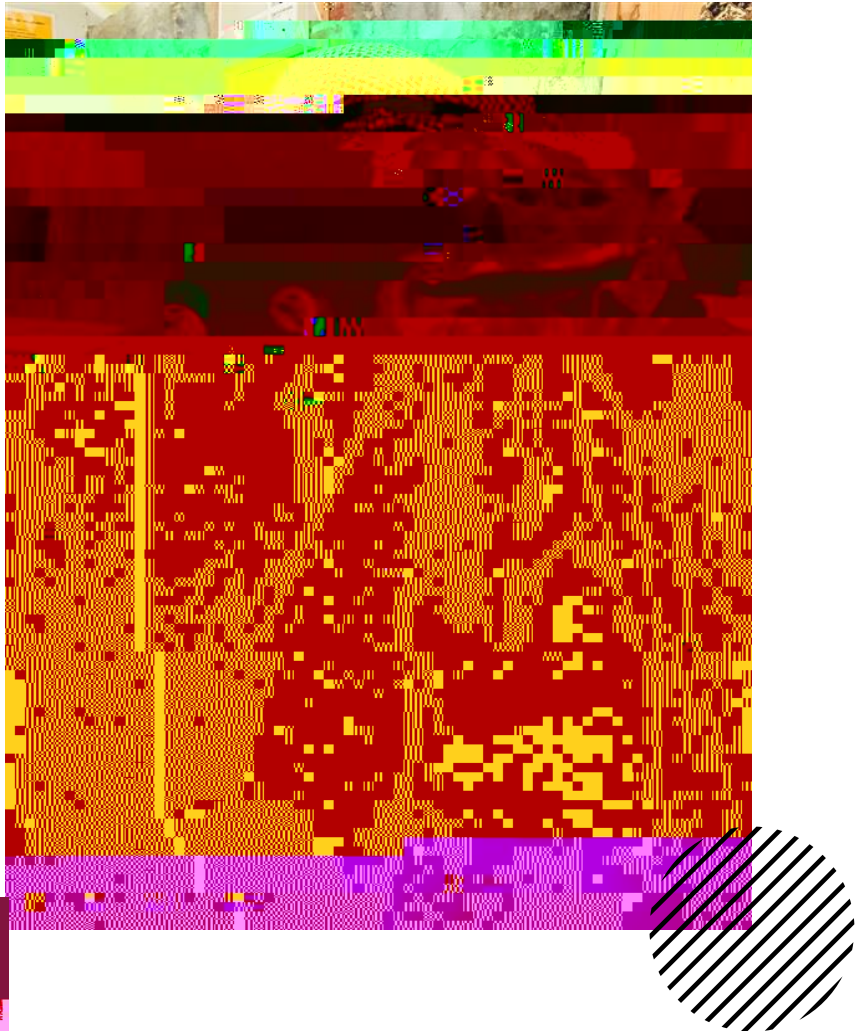
Community Demographic

Islamic Storytime A Grassroots Initiative

Wellness Benefits

1. Social Connection
2. Bonding with Children
3. Stress Reduction
4. Increase Knowledge & Skills
5. Connected Community

Changing Demographics - Current & forecast  
Moving forward

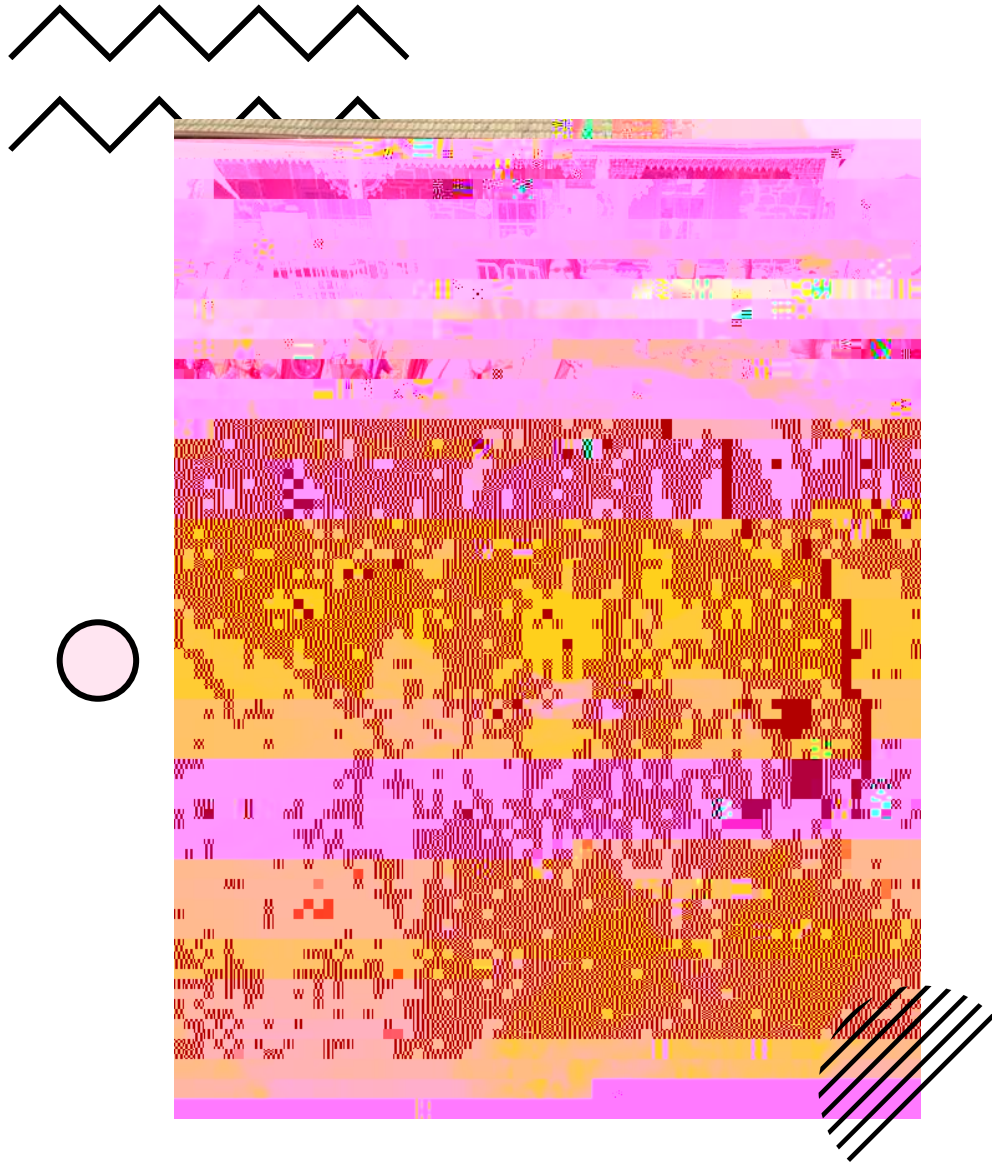










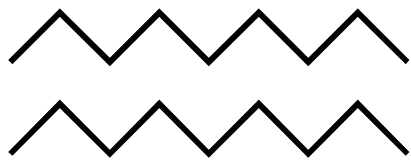


# Wellness Benefits

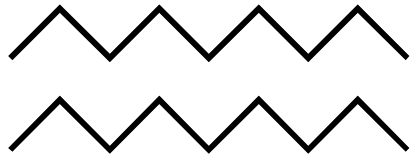
## 1. Social connection:

Islamic Storytime gives mothers an opportunity to connect with other parents and build a sense of community.

Social support can help reduce feelings of isolation and improve overall mental health.



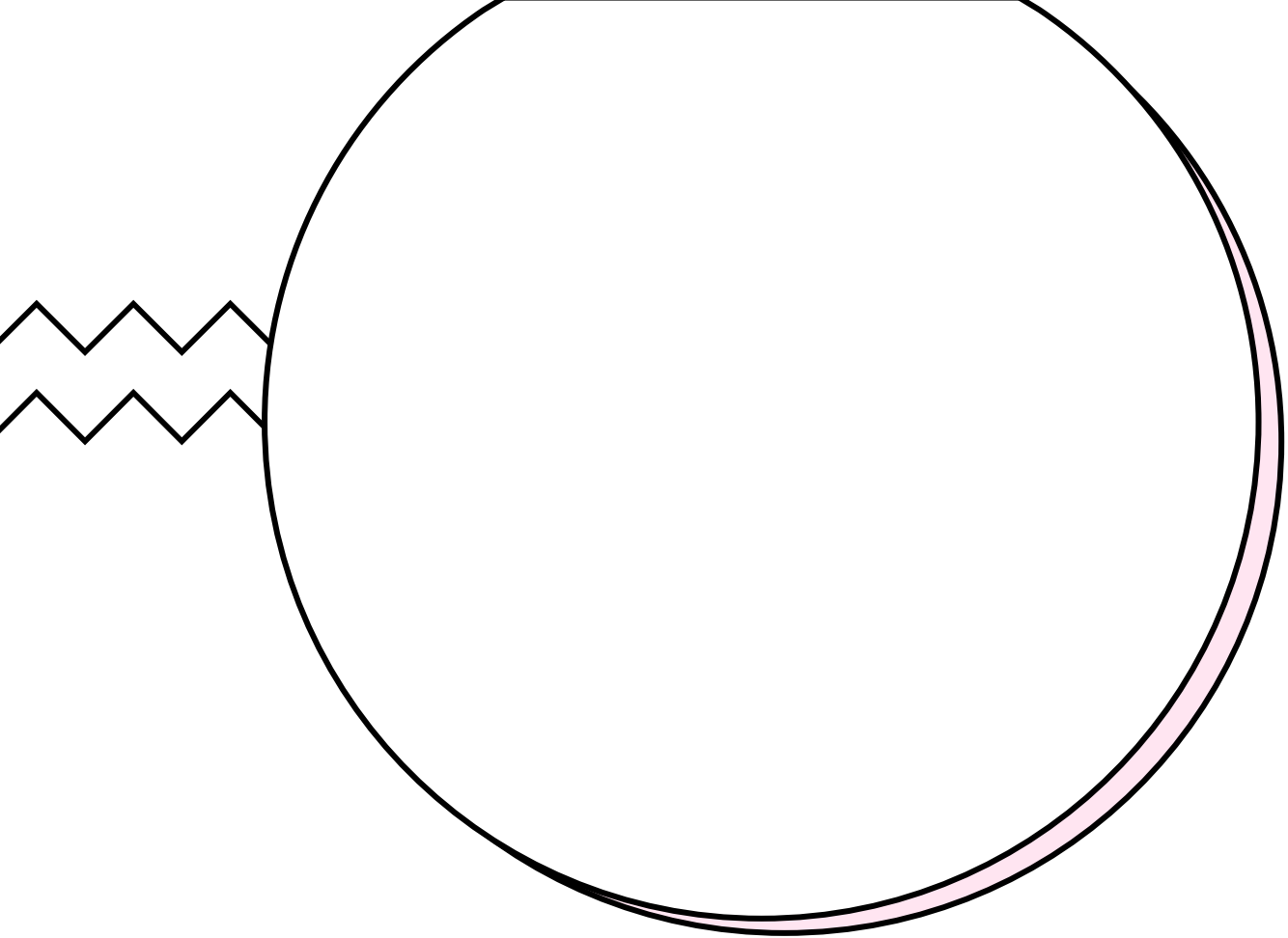


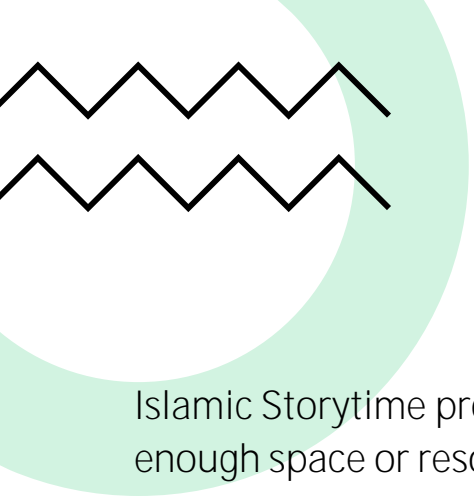


# Wellness Benefits

3. Stress reduction: Engaging in enjoyable and low-pressure activities such as Islamic Storytime can help mothers reduce stress and promote relaxation. This has a positive ripple effect for the whole family.

4. Increased knowledge and skills: the program provide mothers with knowledge and skills related to child development and Peaceful Parenting.





# Moving Forward

Islamic Storytime program is incredibly popular and we never have enough space or resources to accommodate everyone

Registration process is necessary each term and we try to make sure everyone in the community has an opportunity to attend at least a few sessions each year.

Program Survey is completed by parents each semester to offer feedback on ways we can improve and what we're doing well.

Local council offers us space to run Islamic Storytime program at local libraries

For any schools, including government schools in high Muslim demographic regions, or other Islamic schools, we're always available to support in establishing their own weekly, on-campus Islamic Storytime program for mums with small children aged 0 to 4 years old.

