

Development of self-awareness,
inner confidence and the joy of life



the invisible pain



mental health

The state of our mental health is often closely related, among other things, to our social conditions, personal situations and family relations.

Migrating to a new country leads to a loss of social networks, and many lose the important feeling of control because they have to start life all over again. For the younger generation, the issue of identity and cultural belonging can be a mental strain.

Are you a woman or a young girl with a minority background, who wishes to prevent mental health problems?

The MiRA Centre has been working to support young girls and women with minority backgrounds for many years, offering different kinds of help. We are currently placing more focus on mental health. The MiRA Centre would like to help you so that you can become aware of your own resources, achieve self-awareness and inner confidence, be able to make your own, independent decisions, and find your own solutions.

the mira centre offers

- Conversations in small groups
- Individual therapy and support groups
- An open telephone line for any questions related to mental health
- Activity days for mothers and daughters/children
- Summer trips
- Painting and drawing courses
- Workshops and seminars
- Health forum



Talking about mental health is often difficult and something of a taboo subject, because we associate it with serious afflictions and psychiatry.

The MiRA Centre's work focuses on prevention, which is something quite different from psychiatry. By working preventively with our mental health, we can achieve an understanding of what we are experiencing and what is happening to us. We can be made aware of what it is like to be a woman and a member of a minority group and we can be more aware of how expectations and demands of the new society affect us. Perhaps we can also, in addition to becoming more aware of our own situation, receive concrete help in some areas.

Take this unique opportunity to take part in conversation and support groups and other activities. The MiRA Centre's work in preventing mental health problems is all about taking control of one's own life, asserting oneself and being aware of choices made and actions taken – and about seizing chances. The MiRA Centre has an obligation to full client confidentiality.

MiRA Centre

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