



The Maya Centre
counselling for women

Unshaken Roots: Speak Up, Speak Out

A 6-session psychoeducation group for Black and Black Mixed Heritage women of the African diaspora.

This is a gentle, culturally rooted space to pause, reflect, and reconnect with yourself. A place where your voice is welcomed, your body is listened to, and your experiences are honoured.

Facilitated by a qualified and experienced psychotherapist, this group is rooted in Kuumba Healing, an African-centred approach that uses creativity, voice, movement, and community to support healing and self-expression.

Thursdays, 10:30am – 12:30pm
4 June – 9 July 2026. Islington N19

Together, we will:

- Support you to speak up and speak out
- Help you reconnect with your body
- Release what no longer serves you
- Strengthen identity, dignity, and self-trust

How to Join

Please make a self-referral by scanning the QR code

