

Al-Ihsaan for Women

Please join us to learn and share good communication skills by reflecting upon Quranic and Sunnah sources. Topics will include: constructive communication in relationships and parenting to avoid escalation of conflict. These skills will be useful in your community, at home and in the workplace.



VENUE

Community Centre in John Lewis at Bluewater

DATE & TIME

10.00 – 11.30am on Thursdays

22, 29 Sept, 6 Oct 2016

CONTACT

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Who should attend and what will you learn?

Any women over 18yrs old who would like to improve their:

1. Communication with family, friends and work colleagues so that you feel at peace and do no harm to others
2. Understanding of the Quranic commands and Sunnah guidance about our familial, parenting, marital and working relationships.
3. Self-esteem and confidence in communicating in a non-confrontational way.
4. Relationships within the community.