

WELCOME TO OUR MENTAL HEALTH AND WELLNESS CORNER



Our Islamic Mental Health and Wellness Psychiatrist, Dr. Saira Pasha, extends a warm welcome to our community!

She is now offering tailored individual therapy to our staff and students with approaches that integrate Islamic teachings to promote emotional and psychological well-being.

In the tapestry of Ramadan, weave your spiritual journey with intention and devotion!

Stress & Anxiety are common emotions during this month. Embrace them as an opportunity for growth.

Seek solace in the tranquility of prayer.

Pray for spiritual resilience and let's make this Ramadan our most transformative yet



March

**Welcome
Ramadan!**



CALL US FOR MORE INFO

631-6655036