

بِسْمِ اللَّهِ الرَّحْمَنِ الرَّحِيمِ



PRAYER PEER SUPPORT GROUP FOR SISTERS

Assalamualaikum

السَّلَامُ عَلَيْكُمْ

PEACE BE UPON YOU

Is your daily prayers a struggle for you? Do you sometimes miss prayers or don't pray at all? Is the guilt or trauma stopping you from trying to pray? Do you feel anxious when you pray or when you want to? Do you have an issue with concentrating while you pray? If you said yes to any of these questions this peer support group might be beneficial to you, InshaAllah.

My name is Sara Takieddin and I am a certified peer support specialist located in Canada. I too struggle with prayer because of me being neurodivergent due to trauma and possibly ADHD (My brain processes, learns, and/or behaves differently from what is considered "typical." Honestly, I'm tired of waiting for something to change. As Allah says in the Holy Qur'an (13:11): Indeed, Allah will not change the condition of a people until they change what is in themselves. -Saheeh International translation. So I decided to start a peer support group to help change that.

The group is not about giving fatwas and rulings. InshaAllah the Prayer Peer support Group for Sisters will provide us with support and accountability to lead us to the ability to manage our daily prayers continuously.

The group will meet online once a week on an app called discord. You may use it on a browser or download it on your pc or mobile device. To know more, click the link:

<https://discord.com/safety/360044149331-What-is-Discord>

To ensure that the group would be a safe space for all of us and to see if the group is a good fit for you, I will be conducting a private video interview on zoom with each sister who signs up. To keep the group effective it cannot be more than 9 sisters per meeting. If need be, we might have 2 meetings a week to have support for up to 18 sisters a week.

To sign up or ask questions please email me at:
<mailto:sara.takieddin8@gmail.com>