

Candid Community Conversations

with
Samina and Shakila



Mental Health, Depression and Suicide **One Family's Personal Journey**

A conversation with
Armaan's Mom
Tabassum Haleem



The Haleem family recently lost their son Armaan
(may Allah SWT grant him Jannah)
to the devastating effects of mental health and depression.

The family now shares their story to
Raise Awareness and Remove the Stigma
around mental illness in our communities.
Join us for an interactive conversation to

Build Understanding and Offer Solutions
with Ashraf Traboulsi, Yasmin Irfani, and Saba Chughtai MD



Sunday January 17, 2020 3:00 PM

Zoom Meeting ID: 846 9529 4000

Passcode: ICGC

Uplifting Lives as a Model Muslim American Community