



MENTAL HEALTH SUPPORT

AT YOUR ORGANISATION/INSTITUTION

the reflection
workshops
ainaa

ABOUT US

At Ainaa, we believe in the power of individual and collective reflection.

We curate in-person and online mental health workshops. Each gathering is unique, but always participative and experiential.

Our work is influenced by narrative therapy that believes people, even the very young, have expertise about their own lives, and are always responding with skills and know-how.

TEAM AINAA

Trishala Kanakia & Shaneel Mukerji

Trishala & Shaneel are mental health therapists trained in narrative therapy. They are co-founders of Ainaa, a safe space for reflective mental health workshops.



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Our reflective workshops provide mental health support to organisations and institutions keeping in mind the diversity and availability of all, thereby maximising the impact. These are curated with the intention to create and maintain a strong culture of conversations around health and well-being, which in turn makes possible stronger connections between people, and boosts morale and prospects.

Our workshops are curated for people from different walks of life and of all ages, including educators, students, executives, group leaders and team members.

We hold on to the practices of care, trust and confidentiality in our work. We are mindful of inclusive practices and respect for diversity in conversations with people.

A safe and reflective space can be extended through the following mediums:

1. Mental Health Workshops
2. Strengthening Teams Workshops
3. Supportive Content
4. Individual Therapy Sessions



SUPPORT DETAILS

1. Mental Health Workshops

- Mental Health Care & Sensitisation
- Mindfulness Reflections
- Responding to Anxiety/Stress
- Conversations around Grief and Healing.
- Responding to the Pandemic: Challenges, Skills and Strategies

2. Strengthening Teams Workshops

- Conversations around Individual and Collective Hopes and Dreams.
- Exploring the Journey of a Group/Activity/Role/Goal
- Team Building: To foster stronger connections and solidarity
- Conversations around Inclusion and Diversity
- Navigating the Virtual World: Challenges, Strategies and Possibilities
- Games Hour: Unwind, Unleash and Enjoy

3. Supportive Content

We curate written content for mental health awareness, care and support. This content aims to create a safe space to explore feelings, thoughts and coping mechanisms, through structured activities, exercises and questions.

4. Individual Therapy Sessions

A safe space for individual counselling/listening circles. The conversations in these sessions are kept confidential.

We curate workshops to best meet the requirements, needs and preferences of an organisation or institution. Do get in touch to know more about program rates and time schedules. We look forward to your thoughts or questions, if any.

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