



## WE Talk: Meet WE MCR With Rokhsareh Vahid



### Details

Come and meet us at the Pankhurst Centre to find out more about WE MCR!

Join us to learn about how WE MCR (Women Empowered Manchester) started, its Vision, our courses and workshops and why building community to combat loneliness and isolation is so important to us.

It is a fantastic opportunity to meet WE MCR's Founder, Dr Rokhsareh (Roxy) Vahid and members of the team to hear about her reasons for starting the group, what keeps her inspired, the impact that WE MCR has made and so much more!

This is a special time for learning more about WE MCR, getting connected and joining in the fun of being together.

This event is FREE and we look forward to seeing you there.

#### Agenda:

12:00-12:05 Meet and greet

12:05-12:10: Introduction and welcome

12:10-12:30: About Women Empowered MCR

12:30-12:40: Rokhsareh's Journey and Story

12:40-12:45: WE MCR's Impact

12:45-12:55: Activity

12:55-1.00: Q&A

**Speaker: Dr Rokhsareh Vahid, Founder & Chairwoman of Women Empowered Manchester**

[Rokhsareh Vahid](#) is the Founder of WE MCR which she started it in May 2021 in a time of the pandemic when from a place of empowerment in her own life she wanted to connect with other women and provide support.

Meeting a real need in the community to foster making meaningful connections, bonding with other women and friendship the group grew very quickly and formally became a Community Interest Company (CIC) in January 2022. A variety of courses and workshops are available to build self-esteem, self-confidence and develop life skills which is so important to create happier, healthier and more empowered women, families and communities.

### **Photography / Videography**

To ensure confidentiality and safety the only photos/videos taken for marketing purpose will be of Rokhsareh and the WE MCR team.

### **Friendly Reminders**

All of our events and platforms are a safe space for women. This means:

- We do not judge.
- We respect other women.
- We understand that each of us is unique and different, and we avoid gossip about other women.
- We are kind towards other women.
- We address each other in a loving and kind manner.
- We support other women.
- We are present for other women in any way we are able.
- We keep matters confidential and private. We respect each other's privacy and do not take personal information out of events and platforms.

### **Please Note**

- This event is a women only event.
- We are not medical professionals and it is recommended to seek medical help and guidance from a GP with any psychological or health concerns