

RESILIENCE FROM OUR ROOTS: A HEALING GROUP SUPPORTING QTBIPOC AGENCY, COMMUNITY, AND RESISTANCE

As QTBIPOC, so often we hear these words: "let's not talk about politics." We know how costly this is, especially in our current social context that is increasingly politicized against us, our families, and our communities. To speak freely of our experiences as QTPOC, to exist, to resist, and to be are all political statements.

In this healing group, Menosh Z.A., MS, MSW, LSWAIC will create a space for QTBIPOC to acknowledge, honor and exchange perspectives around what healing and resilience looks like for each of us and the lineages at our backs. Participants will share and deepen their strategies for resistance and healing in the face of trauma and oppression.

10 WEEKS
TUESDAY NIGHTS STARTING IN MARCH
6-7:30 PM
\$40/WEEK
WWW.HAVEHEARTWELLNESS.COM
FOR MORE INFO AND TO REGISTER

*Group open to QTBIPOC of all genders, and racialized experiences. Must be able to commit to all 10 weeks. Prescreening and deposit required to hold spot. Space limited to 12 participants.

