

Black Women Talk

A Group for Women of **Color**



- * What if you had a safe place to work through challenges of race/culture?
- * What if you could open up the conversation about the experiences you have had and are having in the world?
- * What if you felt supported & cared about through your struggle in ways you have only dreamed about?
- * What if you could express your hurts and pain without judgment but with an invitation?
- * What If you could find new ways to empower yourself and connect with other women who can identify with your experience and help you sort through it?
- * What if you could build more empathy for yourself and others and heal in a supportive environment?
- * This is a tribe you want to be a part of

NOW YOU CAN.....

This is what you will walk into:

- * A safe and supportive environment (I screen every participant so if someone is in need of more intensive therapy support I can direct that person to the right supportive environment and possibly to the group at a later time)
- * A seat reserve just for you (There are 10 spots available)
- * A group that has a facilitator equipped to help the group navigate cultural and emotional injuries and work through them at their own pace.
- * Handouts to further help each participant understand the effects of race, culture, and trauma on their emotional lives.
- * A facilitator who is passionate about helping women of color and people through experiences that reflect race and culture

What is this group About?

This group is about helping women of color heal through a supportive environment that is interested in their experiences and pain. It's about opening up conversations that can allow room for women to work through their pain and learn how to deal with situations and experiences surrounding race and culture and understand how the pain and trauma that has been sitting dormant inside them can now safely come out and be worked through. When the wounds of culture heal and we are better equipped to face them, life feels different and we learn to navigate them confidently and more successfully. Relationships can wound us, yet the right relationships can also aid in your healing, empowerment, change, and peace.

What made you start this group?

I'm glad you asked. We live in a climate of high racial tension and difference. As a forty-something African American woman I have witnessed and heard so many stories about the pain and injuries suffered by women of color with no safe place to talk about what was happening to them. I've navigated and healed from my own. I've also had many clients struggle through race relationships, on their jobs, in their communities, within their families, relationships, with co-workers and supervisors. It is important for me to let women of color know that their voices are heard, they have a right to what they think and feel, and there is a way to work through and break through these injuries.

When and where does the group take place?

230 N. Maryland, Glendale, CA 91206 for 10 Mondays from 7:00pm -8:30pm starting April 29,2019

What is the cost of the group?

\$350 (that works out to \$35/meeting)

What will I need to do prior to joining the group?

Contact me directly and you will be scheduled for a phone screening and will be asked to complete a short questionnaire. A payment of \$175 to hold your spot in the group and the remaining balance due at the first group meeting.



Facilitator: Shantel Daniels – Licensed Marriage and Family Therapist with specialized training in group facilitation, experience with cultural issues interested in bridging cultural difference and helping people heal through them.