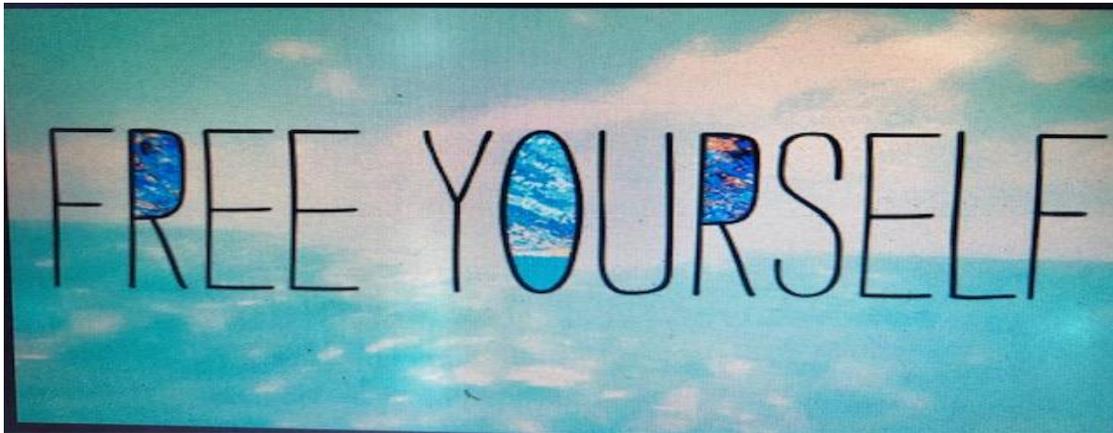


Men and Women's Group

Culture Talk



A Group for People interested in working through the impact of race/culture difference looking to better navigate cultural interactions and gain understanding of other cultures and themselves

- * What if you had a safe place to work through challenges of race with other men and women of various backgrounds?
- * What if you could open up the conversation about the experiences you are having in the world in a format that welcomes it?
- * What if you felt supported and cared about through your struggle in ways you have only dreamed about?
- * What if you could express your experience and ask questions in a safe environment with the intent of understanding and building bridges to conversations, not avoiding conversations and people
- * What if you could really express your curiosity about another culture and find your voice and courage to feel something real and share it instead of sit with it alone

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. **All race/cultures are welcome.**

* Handouts to further help each participant understand the effects of race, culture, on your emotional life.

* A facilitator who is passionate about helping people unburden themselves and work through experiences that stem from race and cultural slights and differences while learning how to navigate conversations related to race/culture

What is this group About?

This group is about opening up the conversation about race and culture and helping people of different cultures understand one another better and work through cultural issues and injuries.

What made you start this group?

There are conversations and understanding that I believe need to be had in order for us to heal as people and come one step closer to creating a world that is kinder and more understanding of one another instead of intolerant and tolerant to a degree. I believe with understanding the lenses through which we see the other persons experience beside us can often change and we become less afraid of one another. Love and real connection have more opportunity to flow. This group was also born out of a desire to expand our generation into a generation that stops the bullying and hate, to help us see that we can be a part of stirring up good change, invite conversation, and heal in the process.

When and where does the group take place?

230 N. Maryland, Glendale, CA 91206 for 10 Wednesdays 7:00pm to 8:30pm starting May 1, 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?

Give me a call at 323-676-1633 and you will be scheduled for a phone screening and will be asked to complete a short questionnaire after being designated a member. 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.