



BLACK WOMEN'S THERAPY GROUP

It can often feel isolating for Black Women when facing unique challenges that impair their mental health. This group will aim to meet the needs of Black Women by providing a safe, supportive, and therapeutic space to explore shared experiences. This 12-week, semi-structured group will focus on a variety of topics in hopes to foster self-exploration, build insight, and promote behavioral change by working together to fulfill the often-missed need of sisterhood with other Black women

Weekly Evening group sessions
STARTING Tuesday, January 25th, 2022
6-7:30 pm VIA TELEHEALTH

Please call Hamm Clinic intake line to register or ask questions: 651-224-0614

