



Your Facilitators:

Rebecca Flatt,
MSW, CSWA

Amanda Singh Bans,
MA, LCSW

Healing Complex Trauma in Community

A Clinical Process Group for
Mixed Roots Folks

What We'll Cover:

- Develop community with other multiracial/multiethnic femmes of color
- Learn and manage racialized trauma from a holistic lens
- Develop an understanding of the body/brain connection through ritual, art, and psychoeducation
- Develop and practice skills in real time during process group
- Build physical "coping kit" to manage complex trauma

DETAILS

VIRTUAL MEETINGS
MONDAYS
1:00 - 2:30 PM

12 Week Group Starting Jan 2, 2023
Cost: \$50 Per Group
Insurances Accepted: BCBS, OHP,
PacificSource, Moda

Clients must reside in Oregon.
Please contact:
amanda@resonancetherapy.org
to sign up or for more info