

# WELCOME

## brochure

Click the [hyperlinks](#) for an interactive experience.

## Our Safe Space

All meetings will be held virtually on **Zoom**.

Please ensure that you are in a private location or are using headphones during group meetings to protect confidentiality.

All sessions will use the same Zoom Meeting ID code and link

## GROUP NORMS

This is how we keep it safe for everyone.

### **Show up and be present**

You don't have to speak to be included and welcomed.

Being present can look like a willingness to answer questions and show support.

### **Listen to understand instead of listening to respond**

Assuming the best creates room for curiosity instead of judgment.

### **Turn judgment to wonder**

When in doubt, ask for clarity through a question.

### **One mic**

Take up space while leaving room for other voices



### **What's said in the group stays in the group**

This one is self explanatory.

### **Use "I" statements**

It takes some vulnerability, but try to only speak for yourself

### **Transparency**

We already love you for who you are. Feel free to be true to yourself.

### **Respect that we are all in different places and spaces**

We don't all have to be the same and we don't require sameness to engage.



Your therapist-led sessions are held on Sundays.

Reference your schedule to know when meetings are held and plan for attendance

**START YOUR JOURNEY WITH THERAPIST-LED SESSIONS**

Symphony Membership is \$12/month

# Full Schedule

1/14 REJECTION  
SHARLYNE MARTE, LCSW

1/28 ABANDONMENT  
KORISMA GRANT, LCSW

2/11 DEPRESSION  
BEWINDI JACKSON, LCSW

2/25 ANXIETY/STRESS  
SHANNON BROWN, MFT

3/10 RELATIONSHIPS  
JESSICA PENTSIL, LAPC

3/24 CODEPENDENCY  
HEYDI HURATO, LCSW

4/7 NARCISSISM  
SHARLYNE MARTE, LCSW

4/21 FORGIVENESS  
BEWINDI JACKSON, LCSW

5/5 COMMUNICATION

5/19 COPING SKILLS  
SHANNON BROWN, MFT

6/2 MANIPULATION  
JADA WILLIAMS, LMSW

SUBMIT A  
[PROVIDER REFERRAL FORM](#)

6/16 CHURCH HURT & REJECTION  
EMILY ANDERSON, LPSW

6/30 ABANDONMENT AND ROMANCE

7/14 DEPRESSION AND FAITH  
BEWINDI JACKSON, LCSW

7/28 ANXIETY/STRESS AND PURPOSE  
NATASHA BRYANT

8/11 FRIENDSHIPS  
JESSICA PENTSIL, LAPC

8/25 LONLINESS

9/8 SELF-CARE  
SHANI GARDNER, LCSW

9/22 ANGER/RAGE  
SOLAIDA RAMOS, LSW

10/6 COMMUNICATION STYLES

10/20 BOUNDARIES  
DR. RASHIDA EDMONDSON-DAVIS

11/3 SEASONAL DEPRESSION  
SOLAIDA RAMOS, LSW

11/17 GRIEF  
DR. RASHIDA EDMONDSON-DAVIS

ENTER  
[THERAPY ACCESS LOTTERY](#)

# Important Dates

- 1st Saturday: Deliverance Ministry [Go >](#) 
- 2nd and 4th Saturday: TISI Certification [Go >](#) 
- 3rd Saturday: Live Q&A: What is Deliverance? [RSVP](#) 
- 2nd and 4th Sunday: Therapist-Led Sessions [JOIN](#) 

## Bi-Monthly/Quarterly Events

- Quarterly Self Care Challenge
- Self-Care Kit Delivery

## Entering Therapy

These group psychoeducational sessions allow you to meet and learn from therapists at a low cost and potentially transition into a more formal clinical relationship with someone you've already built some rapport with. Finding a therapist with whom you're truly compatible can be tricky sometimes, so this is a way to make progress without making a costly commitment too soon.

We don't have in-house clinicians on staff at this time but are happy to help you to transition into a clinical therapy setting with Provider Referrals and opportunities for sponsorship as they come up. These resources are accessible from your [account](#).

With you in the process,

Conscious

## DO WHAT FEEL'S RIGHT

- You may use your name or a nickname
- You can turn your camera on or leave it off
- Answer questions and engage or don't

## Self-Care Challenge begins January 11th [enter here](#)

YOU'RE ENTITLED TO EVERY BIT OF YOUR PRIVACY.

ALSO, SHARING IS CARING.

TELL SOMEONE ABOUT US!

