

PGM* Adult Pay-As-You-Wish Telehealth Group

*[People of the Global Majority](#). White-passing & mixed-PGM folx welcome

Centering PGM experiences
& re-balancing in community amidst imbalances in society

- 1 session/week
- 90-minutes
- 10 sessions
- Online video chat
- Pay-what-you-may
- Ages 21+
- 8-10 people
- Co-facilitated
- Tuesdays
- *California residents*
- *First two weeks accepting members till capacity reached; waitlist thereafter*
- *8:00-9:30pm PST*

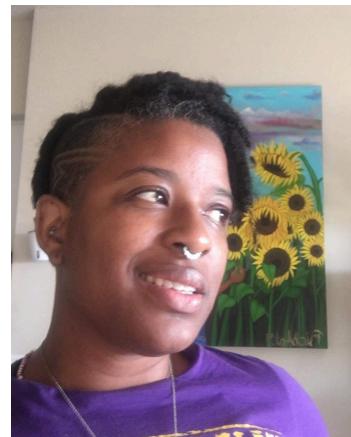
About Group: These donation-based groups* began in June 2020 amidst the George Floyd and Breonna Taylor rebellions, the zenith of the covid pandemic, and ongoing racial pandemics centered by today's modern civil rights movement. As the world continues to turn, this group remains a landing place for PGM folx to reality test racialized experiences, exist in solidarity, decolonize internalized paradigms, and deepen cultural understanding among others doing the same.

***About your donations:** 15% to admin fees, 85% to facilitator(s) and sustaining this offering.

FOR MORE INFO / TO RSVP: <https://tinyurl.com/Signup4Group>

About AMJ (they/them/their):

AMJ LCSW is a queer, disabled, nonbinary Black femme descendant of Africans who were enslaved in the Southeastern United States and ultimately settled in Low Country/Gullah Geechee/Lower Creek/Yamasee lands (Savannah, GA). They are a “coachy therapist”, focused on helping (QT)BIPOC blend ancestral healing traditions with therapeutic approaches such as



Brainspotting, healing-centered (aka trauma-informed) therapy, expressive arts, aromatherapy, and problem-solving. AMJ resides in San Pedro and takes care of self via gardening, music, food, and their adorable kitty and doggo duo. Licensed Clinical Social Worker #121006

About Christhmos (She/We/They):

Christhmos Presence is a Chinese-American Queer, 3.5-generations settled on Muwekma Ohlone land (San Francisco) by Ancestors' way of Guangdong Province, China. Pillars that guide them are liberation psychology, narrative psychology, somatic psychology, spirituality, and expressive arts. Tools held in support of self-resourcing and liberation, clarity, and ancestral connectivity include Meditation, Tapping, Ritual, EMDR-inspired Brainspotting, and ongoing training under Resmaa Menakem: LCSW & author of My Grandmother's Hands, plus MDMA training with MAPS.



Christhmos enjoys the outdoors, creative expression, the power of community, and being in water.

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