🌱 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*
- *Tuesdays*
  8:00-9:30pm PST
- ***California residents***
- *First two weeks accepting members till capacity reached; waitlist thereafter*

About Group: These donation-based groups* began in June 2020 amidst the Black Lives Matter movement, 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 connect, 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

Christhmus Presence (Chris Chu) Registered Associate MFT #125037 @ CMP, supervisor: Shawana Booker LCSW #29165

Bio:

About Christhmus (She/We/Soul):



Christhmus 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 her 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 from David Grand, Somatic Abolitionism via Resmaa Menakem, and MDMA training with MAPS.

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

Christhmus Presence, MA, AMFT

(Chris Chu)

Registered Associate Marriage and Family Therapist 125037

Supervised by Shawana Booker, Licensed Clinical Social Worker

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