



wholehearted  
HEALING COLLECTIVE

# Empower

## BIPOC PROCESSING GROUP



Join us in a supportive and affirming space created by and for Black, Indigenous, and People of Color (BIPOC) where we explore the everyday realities of living in our skin.

This group will explore the unique challenges and strengths BIPOC experience from microaggressions, pressures of school, work, family dynamics, romantic relationships, and financial stressors, as well as any other needs of the group.

**WE ARE IN NETWORK WITH MOST MAJOR INSURANCE PLANS OR \$45 PER SESSION WITHOUT INSURANCE!**



**Facilitated By:**  
**Christina Morrison MA, LAC, NCC**

Call our office at (732) 852-7373  
or email [admin@wholeheartedhc.org](mailto:admin@wholeheartedhc.org)  
to schedule a group intake.