



*Forming
Now!*

GROUP SESSIONS FOR THE BLACK COMMUNITY

A virtual safe space to be unapologetically you

Feeling Isolated? On Display? Overwhelmed?

- Gain support and engage in dialogue about everyday life with both unique and shared experiences
- Discuss navigating issues associated with social injustice
- Discuss challenges of externally imposed images
- Increase emotional resilience and feelings of connection with others in the black community

We welcome members of the black community ages 21 to 45

Meetings: SATURDAYS

1:00-2:45 pm

Cost: \$30 Session

**For more information contact Nicole
424-262-2588 nicole@pacificmft.com**



Group facilitator, Nicole Barkopoulos is an Associate of Marriage and Family Therapy (under the supervision of Tracy Bevington, LMFT #53455) who has experience facilitating support and skill-based groups with members of all ages and cultural backgrounds. She also works with clients in helping them navigate and thrive in their personal environment while developing a stronger sense of self spanning all environments.



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