

IDENTIFYING AND COMBATING RACISM: Tools to Fortify Your Mind, Body & Spirit

COURAGEOUS CONVERSATIONS ON RACISM

FOR: Lesbians and transgender women of color

WHEN: Sundays, July 12, 19, 26, August 2, 9, 16, 2020 from 3 pm to 4:30 pm.

You need to be able to commit to the full six weeks. We will have a waiting list for possible additional sessions.

We already choose who we call community: we boldly refuse to be forced into a box that suits other people's comfort.

We can choose to liberate our voices and contribute to emboldened solutions!

When we are able to:

- express ourselves
- assess our own tolerances
- advocate for our liberty ...We unlearn OPPRESSION

The cycle of systemic racism and abuse is currently being dismantled. Difficult conversations and vibrant solutions toward real change are required to move this progress forward. This group will center inside of a dialogue intended to elevate confidence about our interactions with ourselves, our communities, and fellow citizens around the topic of racism.

Join us for six-weeks in a virtual safe-space, to better understand and embrace practices that will support healing with renewed hope. Each meeting is 90 minutes, respectfully grounded in house-rules, exclusively for NBPOC & LGBTQIA+ COMMUNITIES.

COURSE OUTLINE

WEEKS 1 & 2

Can I be seen, heard and understood?

Space will be given for a REAL check-IN

- Defining personal and external validation
- Uplifting the present by looking at the past
- Being present in these uncomfortable times

WEEK 3

Talking about race constructively

- Internal dialogue aka 'self-talk'
- Clear interpersonal expression of truth
- Mindful and professional debate

WEEK 4

Liberation is attention, intention and attitude

- Liberation begins with self
- Mind, body and spirit balance as a mission
- Pride in self is sexy

WEEKS 5 & 6

Dismantle patriarchy by pushing out liberation

- Accountable on purpose
- Avoiding the blame game
- Joining humanity in vulnerability



Meisha Thrasher is a founding partner of growURpotential – a nonprofit agency, which provides therapy that supports liberation, from a Healing Justice perspective. She is a passionately advocate for NBPOC & LGBTQIA+ COMMUNITIES and supports vulnerable clients with respect for dignity. She is an activist member of the NBPOC community and Restorative Justice Collaborator. Meisha is a Mindfulness and Trauma Resilience trainer who believes success and happiness results from a balanced mindset. Being stuck in unhealthy patterns, failing to accomplish the change we desire, or sustaining the nurturing relationships we deserve are all issues we expect to resolve on our own, but when we can't we feel defeated. Therapy is support that helps unearth our own best solutions while increasing skills and practices that grow fulfillment. For couples, families, and individuals she delivers collaboration that cultivates insight, develops empowering outlooks, and increases relational harmony. She has the mindset, disposition, and skill required to motivate clients toward the results they deserve. She helps clients overcome limiting beliefs, resolve obstacles that derail their success, and elevate their inner strength, joy, and wellbeing. She coaches from a firm embrace of ethical boundaries for conscious coupling and she is happy to support premarital and polyamorous agreements.

Meisha holds a Master's Degree in Clinical Psychology and is a Registered Associate Marriage and Family Therapist with the California Board of Behavioral Sciences. The services provided by Meisha are supervised by Tiffany Ann Dzioba, PsyD, Licensed Marriage and Family Therapist #51595