



Conversations with Our Daughters

Multigenerational Healing Circle

From Soul Injury to Soul Restoration

The Sacred Circle started around the fires of humanity's ancestors and has accompanied us ever since. We remember this space. When we listen, we speak more thoughtfully. We lean into shared purpose. ~~ C. Baldwin

Sisters, it's time to "Circle Up" for our collective healing. Using the book, Post-Traumatic Slave Syndrome, by Dr. Joy DeGruy as a guide, the National Women's Ministries of the Pan African Orthodox Christian Church is creating a sacred place Healing Circles.

- Healing Circle I ~ what can we do to alleviate the possibility of trauma and/or re-traumatizing ourselves is reflected in our **Identity**.
- Healing Circle II ~ reflecting on the past experiences of our Ancestors and the experiences of their living descendants, and how it impacts our **Relationships**.
- Healing Circle III ~ how do we move forward in a society that continuously negates our human existence is the source of our legacy of **Healing**.



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Supporting our collective journey to healing through Awareness, Introspection and Response are co-creators:



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