

ETHNIC MINORITY EMPOWERMENT GROUP

IF YOU ARE REGISTERED WITH A GP IN SOUTHWARK, AND YOU IDENTIFY AS BLACK AND ETHNIC MINORITY AND ARE EXPERIENCING SIGNS OF STRESS, ANXIETY OR DEPRESSION - YOU MIGHT FIND OUR ETHNIC MINORITY EMPOWERMENT GROUP HELPFUL

THIS ONLINE THERAPEUTIC GROUP AIMS TO PROVIDE A SAFE SPACE FOR PEOPLE FROM AN ETHNIC MINORITY BACKGROUND TO COME TOGETHER AND SHARE EXPERIENCES, AND ADDRESS THE IMPACT OF RACIAL TRAUMA AND DISCRIMINATION (AND MANY OTHER DIFFICULTIES) ON OUR MENTAL HEALTH SUCH AS DEPRESSION AND ANXIETY.

**The group runs for 8 weekly sessions starting in:
October 2020 (Dates TBC)
from 2.30pm - 4.30pm**

Group sessions will take place over video call and attendance at every session is encouraged. You do not have to speak if you do not wish to. Other ways of communicating online will also be available.

For more details about this Group, please contact
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