



## **MELANATED HEALING CIRCLE**

At True Roots Counselling Services, much of the work we do is rooted in the prevailing understanding that trauma affects people differently, but everybody has an inherent right to individual, communal and collective healing. It is our mission to assist people blindsided or overwhelmed by life-altering circumstances to Transform Their Trauma into Triumph.

When looking at the Black, Indigenous and Racialized community, often lumped together as the BIPOC Community, there is an experience of racial stress and racial trauma that requires an opportunity for escape and a safe space for true healing.

Whether it be the continuous presence of systemic racism, micro-aggressions, racial slurs, silencing, erasure, and daily acts of oppression, Melanated people rarely have an opportunity to relax, regulate their emotions and just breathe.

Consequently, with repeated exposure to racial stress and trauma (or, with a single very traumatic experience) Melanated people are so used to living with a nervous system that is dysregulated and overwhelmed that they exist in an activated state of hyper-agitated, Fight, Flight, Freeze, Fawn, and panic mode.

As this has been happening intergenerationally, Melanated people are often desensitized, numb and emotionally non-responsive because there is no perceived way to escape.

## **THIS IS A PROBLEM THAT CAN BE FIXED**

Melanated Healing Circles are designed to create a safe space for people seeking calm and peace in their life, mind, and body to find the communal safety necessary to break free from the burden of hyper-vigilance. In this Healing Circle, participants are empowered to nourish reconnection to their birthright of inherited resilience, embodied wisdom, communal connection, and fortified belonging.

Melanated Healing Circles are exclusively for Racialized people, free from intrusive scrutiny that requires code-switching and generates tension that interrupts true healing. Melanated Healing Circles are welcoming spaces you feel safe to let your burdens down in, take your armour off and allow yourself to be seen. These are safe spaces that empower you to finally BREATHE.

Come to the Melanated Healing Circle with anticipation of regaining your state of calm.

**The ability to regulate through the comfort of another is called co-regulation. This done on repeat wires up the brain for self-regulation, emotional intelligence, empathic responses, rational thinking, and problem-solving.**

**~Lelia Schott**