



The Pain We Carry

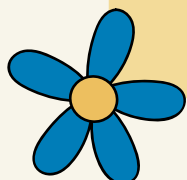


"Healing always begins with awareness and recognition of (at times painful) truths so that you can be more aware of how you might be hurting others and yourself without even knowing it."

- Natalie Y. Gutierrez, LMFT

Dates

- **3/16** -Meet & greet, info. day.
- **3/23** -Meet & greet, info. day.
- **4/20** - Part 1: Circle Time
- **4/27**- Part 2: Circle Time
- **5/4** - Part 3: Circle Time
- 5/17- 3rd Annual Therapist of Color Conference. In-person keynote speaker: Natalie Y. Gutierrez.



Reading Circle

PLU MFT PLUS Introduces

Reading Circle facilitators;
Mayra Sanchez y Vero Garcia.

Join us for a platica, a talk around C-PTSD, and The Pain We Carry within community.

Haven't heard of the book? Don't have the capacity to read through? That's ok, we got you. Your presence is enough



zoom link

[https://us06web.zoom.us/j/85194298284?
pwd=dodyoiTGB0v50uoZVKAjjbasChoCAR.1](https://us06web.zoom.us/j/85194298284?pwd=dodyoiTGB0v50uoZVKAjjbasChoCAR.1)

Email:
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Reading Circle will meet at 10am-11am PST on Saturday mornings.

