

FREE Support Circle

for APIDA Womxn Mental Health Professionals

We meet twice a month, on 2nd and 4th Wed of each month from 6-7:15pm (Pacific Time), through Zoom. The next meeting is on Wed, July 22, 2020.

If you're looking for support, a place to talk, to brainstorm or consult, to come together and feel a sense of community, please consider joining us. (I also sometimes facilitate a brief mindful and/or relaxing exercise to help us get more centered and grounded.) With the complexities of our mental health work, especially while we continue to navigate the COVID pandemic both for ourselves and with our clients, we are now also managing the on-going layers of decolonizing anti-Black racism while facing our own racism and other oppressive experiences as APIDA womxn. For those of us who also work within an agency, there likely are additional structural and systemic challenges of how others may perceive us, how we communicate, how we interact with each other, etc. The topics of our support circle can be related to any of this or other experiences of our unique profession and identity during this period in time.

The circle is facilitated by myself (Ellen J. Lin, PhD, licensed psychologist in CA).

Currently, I am capping the circle at about 15 members, and the circle will end by the end of October. Please email me at EllenJLin@gmail.com for a Zoom link, if you're interested.

Circle participants agree to:

- Treat each other with kindness and respect.
- Listen with compassion and curiosity.
- Honor each other's unique experiences and don't presume to advise or fix each other
- Hold all stories shared in the circle in confidence.

The Zoom account used is supplied through the gratitude of San Jose State University (sjsu.edu), but no clinical documentation will be generated and no clinical or professional relationship will be formed from your participation in the Circle. Consider this a self-help group. The Zoom is the Healthcare version. There will be no cost associated with these Support Circles.

If you have any questions about this Support Circle, please feel free to call me at 408-828-8375, or email at EllenJLin@gmail.com.