

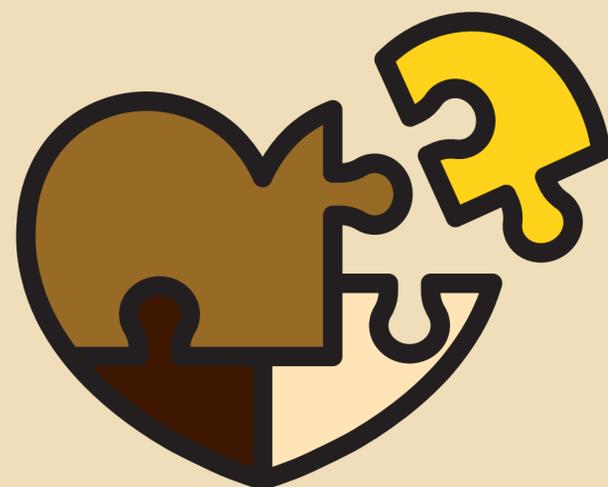
Community Mental Health Services of West Chester University presents:

Healing the Wounds of Racial Trauma

A **FREE & VIRTUAL** 7-Week Therapy Group for Adults (18+)!

ABOUT THE GROUP

This group is for adults living with the impact of racial trauma. This group seeks to provide support, a safe space, and methods for building resilience. Methods include lived experience conversation, body-focused interventions, and mindfulness methods with the goals of increased resilience and improved internal stability to navigate the world.



Meet Your Facilitators



Amani Patel, B.S.
Trauma-focused PsyD Trainee



Shayna Eubanks, B.S.
Trauma-focused PsyD Trainee



Vanessa Chery, B.S., B.A.
Trauma-focused PsyD Trainee



Gregory Day MHS, LPC
Certified Trauma Professional

Clinical Consultant

DETAILS



Start Date? March 27th, 2026



When? Fridays, time is based on participants schedule



Length? 7-week series



Fees? Free of charge!



Location? Telehealth (Zoom)

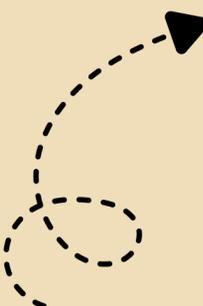
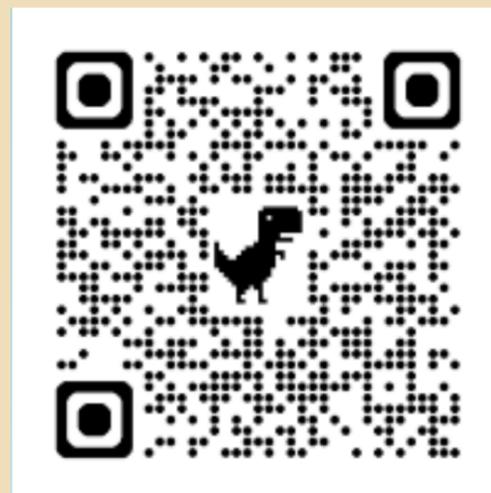
FACILITATED BY

WCU Doctoral Student Clinicians
under the supervision of a licensed
psychologist

WANT TO JOIN?

Spots are Limited!

Deadline to Join: March 20th



Scan the QR code and click "Contact Us".

You can also reach us at:

610-436-2510 or cmhs@wcupa.edu