

# Rooted Together



## *A Virtual Support Group for Collective Stress*

We heal better together.

### **For those feeling overwhelmed by:**

- systemic injustice & racism
- fear around immigration & safety
- ongoing political uncertainty
- the emotional toll of witnessing harm

FREE | ZOOM

Every 2<sup>nd</sup> Monday, 6pm-7pm

**To register, email [hunterhealingcollective@gmail.com](mailto:hunterhealingcollective@gmail.com)**

A joint collaboration between Hunter Healing Collective  
and The Healing Sanctuary.

