



Black Support Collective.

A 6 WEEK MENTAL HEALTH SUPPORT GROUP
HOSTED BY: DEMENNA MILORD, LMHC

SUPPORT GROUP DESCRIPTION

VIRTUAL TELEHEALTH GROUP via ZOOM

TUESDAY JANUARY 12TH - TUESDAY FEBRUARY 16TH

EVERY TUESDAY at 8:30PM EST FOR 6 WEEKS

CLOSED aka PRIVATE THERAPY GROUP

FOR BLACK WOMEN

Support Group Description



Cost?

GROUP COST IS FREE!
WORKBOOK COST IS \$15.



Purpose of the Group

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- To provide an opportunity for Black women, to share personal experiences and feelings, coping strategies, and firsthand information about all topics mental health and life.



Topics to Be Discussed

TO INCLUDE:

- identity
- self-esteem
- spirituality & faith
- relationships

Hosted by Me! My name is Demenna.

Licensed Mental Health Counselor
Speaker
Anxiety & Fear Relief Coach

I am a Licensed Mental Health Counselor, public speaker, and an Anxiety & Fear Relief Coach. I assist adults, families, and couples increase peace in their lives, by using practical and healthy coping skills to manage feelings of anxiety, depression, and relationship difficulties.

dm



Next Steps!

SUBMIT AND SIGN:

- SCREENING QUESTIONS
- GROUP THERAPY CONTRACT
- CONTACT INFORMATION FORM

PURCHASE:

- WORKBOOK \$15
- (CONTACT DEMENNA DIRECTLY)

REVIEW:

RESOURCE LIST

To get in Contact with Me:

EMAIL: DEM@DEMTHELMHC.COM

TEXT/CALL: 561-203-6570

SEND ME A MESSAGE ON SOCIAL MEDIA:

INSTAGRAM: [@DEMTHELMHC](https://www.instagram.com/DEMTHELMHC)

FACEBOOK: [DEMTHELMHC](https://www.facebook.com/DEMTHELMHC)