

UMOJA

Uniting Black Folx of Trans* Experience

Umoja – a Swahili word meaning *unity* – is a psychotherapy group aimed to serve as a safe space for the full spectrum of persons of Black trans experience.

This group encourages individuals to collectively process their relationship with mental health, and to discuss their experiences, share their ideas, and extend and receive support through issues that uniquely impact Black trans communities.



Issues to Explore

- Mental health stigma and stereotypes.
- Family and Black religious experiences.
- Exploration of love and relationships.
- Racism and historical adversity.

Ideas to Embrace

- Celebrating the journey of transition.
- Honoring resilient narratives.
- Self-care and stress reduction.
- Living your truth.

When and Where?

Tuesdays | 5:00 PM - 6:15 PM
Whitman-Walker Health
1525 14th St. NW

To learn more about joining this therapy group, please contact:

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WHITMAN-WALKER HEALTH
WE SEE you.