



bloom PRESENTS:
PSYCHOLOGY & WELLNESS

In ham megzarad

(This too shall pass)

A FREE group therapy space for Afghan healing to process this past year.

In this group therapy participants will:

- Have a space to discuss their experience related to the 1 year mark.
- Identify and process feelings and thoughts.
- Explore themes related to the trauma anniversary, such as grief and loss, advocacy burnout and diaspora identity.
- Participate and exchange in helpful coping skills for surviving and thriving!

Eligibility:

- Must be 18+
- Resident of Ontario, Canada.
- Afghan diaspora identifying (all ethnicities, genders and sexualities welcome, including mixed-raced Afghans).
- All sessions will be in English.
- Further eligibility will be determined in a screening process.



Monday's on
August 8th, 15th,
22nd, 2022



7:00pm-8:30pm EDT



Zoom

***Registration closes on
August 1, 2022***



Facilitator: Mona Fakhry (she/her)
Registered Psychotherapist (Qualifying)
Associate Therapist in Training at
Bloom Psychology & Wellness TO.

Ways to register:

- Link in bio
- Link: <https://forms.gle/fURaj52tssdmg1ng9>
- Email: mona@bloompsychologyto.com or hello@boompsychologyto.com



Questions: mona@bloompsychologyto.com



ABOUT MONA:



Facilitator: Mona Fakhry (she/her)
Registered Psychotherapist
(Qualifying)
Associate Therapist in Training at
Bloom Psychology & Wellness TO.



Mona is a Registered Psychotherapist (Qualifying) and a student therapist at Bloom completing her practicum. She currently attends Yorkville University as a Master of Arts in Counselling Psychology student. Her lived experience as an Afghan diaspora has shaped her approach to therapy, where she aims to support clients' mental health from an intersectional approach. She strives to understand the sociopolitical, cultural, and historical factors that contribute to people's health and healing. During community initiatives with her community and other BIPOC diaspora, that center on mental health, therapy and wellness, she has witnessed both the intergenerational trauma and healing from their collective pain and resistance. Attending therapy, healing wounds you may not even know were there, and uncovering your inner strengths, is an individual and collective resistance. She hopes to create a group space that will embody this and be a safe, supportive and nurturing space for the Afghan community during this difficult time.

Mona is clinically supervised by Avni Jain, M.Ed RP.

✉ Questions: mona@bloompsychologyto.com
<https://bloompsychologyto.com/>