## FABRIC WELLNESS RESOURCES

ABERICAL RESOLUCIÓN     Inclusion Contractor Contrac	FABRIC WELLNESS RESOURCES		
Image: Section Sectin Sectin Section Section Section Section Section Section Section	BLACK / AFRICAN AMERICAN PSYCHOLOGY RESOURCES	Tips on How to search for a therapist:	
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Decision     Decision     Decision     Decision       001107-00110000000000000000000000000000		BEAM: We envision a world where there are no barriers to Black healing	https://www.beam.community/
Head and Child af Pacing Sectors Through Sect		people to therapists who understand Black and Latinx experiences. The content posted on this account reflects the struggle of Black and Latinx women, and also provides relevant resources and guides for dealing with trauma, grief, self-acceptance, and vulnerability.	
Derived sections of a professional latering is uriged, neural models of an intervention of a section of a sectio			
Index     Instrumentation     Reserve interfactor     Instrumentation       Instrumentation     Instrumentation     Instrumentation     Instrumentation       Instrumentatin     Instrumentation     I		personal experiences and professional training to unpack issues impacting mental health in the Black community. We invite llisteners to join us as we explore healthier ways to think, cope, and ultimately unlearn the shit that	
Index     Instrumentation     Reserve interfactor     Instrumentation       Instrumentation     Instrumentation     Instrumentation     Instrumentation       Instrumentatin     Instrumentation     I			
aneles   Her center provides a combination of usuals and text to break down complexibile usuals and mean in the parts in a population of usuals and text to break down complexibile usuals and mean in the parts in the part	ON INSTAGRAM	tools, information, & resources to build Black mental health & achieve progression through empowerment.	
Intellect Summ, and general information how to copy with the current state of control of current states of current states of current states of control of current states of cur		anxiety. Her content provides a combination of visuals and text to break down	https://www.instagram.com/jmprofessionalcounseling/
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Mines 2, L.M.S.Wie is therappic and subtrow to potts bacultif notes that bin calls gonts for mines." The subtropy costs the set wells as poted in not there is healing. It is all how, and acceptance. Musi has a special note for an early and earling disorders. She posts height tips for how to deal wells and the calls gonts. She posts height tips for how to deal wells and the calls gonts. She posts height tips for how to deal wells and the calls gonts. She posts height tips for how to deal wells and the calls gonts. She posts height tips for how to deal wells and the calls gonts. She posts height tips for how to deal wells and the calls gonts. She posts height tips for how to deal wells and the calls gonts. She posts height tips for how to deal wells and the calls. She posts height tips for how to deal wells and the form power height tips for how to deal wells and the form power height tips for how to deal wells and the form power height tips for how to deal wells and the form power height tips for how to deal wells and the form power height tips for how to deal wells and the form power height tips for how to deal wells and the form power height tips for how to deal wells and the form power height tips for how to deal wells and the form power height tips for how to deal wells and the form power height tips for how the form the form power height tips for how the form the form power height tips for how the form the form power height tips for how the form the form power height tips for how the form the form power height tips for how the form tips form tips for how the form tips for how the form tips form tips for how the form tips for how the form tips for how the form tips form tips for how the form tips form tips for how the			
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HitCREAPY FOR BLACK GIRLS is un by licensed sychologit Dr. Joy   https://www.instagram.com/thenpyforblackgirls/     Harde Bitzaffor Dr. Bradford is the host of the poddes mediators and caming lechniques general   https://www.instagram.com/thenpyforblackgirls/     Back Girl in Orn provides mediators and caming lechniques general   https://www.instagram.com/blackgirlinom/     Back Girl in Orn provides mediators and caming lechniques general   https://www.instagram.com/blackgirlinom/     Back Girl in Orn provides mediators and texprovide megining thoughts and mondul type.   https://www.instagram.com/blackgirlinom/     Back Girl in Orn provides mediators and texprovide megining thoughts and mondul type.   https://www.instagram.com/blackgirlinom/     Back Girl in Orn provide megining thoughts and mondul type.   https://www.instagram.com/blackgirlinom/     Back Girl in Orn provide megining thoughts and mondul type.   https://www.instagram.com/blackgirlinom/     Back Girl in Orn provide megining thoughts and mondul type.   https://www.instagram.com/blackgirlinom/     Back Girl in Orn provide megining thoughts and mondul the folgen synthemeginit the folgen synthemegin		anxiety and eating disorders. She posts helpful tips for how to deal with overwhelming subject matter, how to manage burnout, and how to reassess	https://www.instagram.com/thrive_withmeg/?hl=en
Black Girl In Om provides mediations and calming lechniques geared towards women in the Black Callis Everywhere' ins feed will direk jou to mediation fracks affect and absorption. In the Black Callis Everywhere' ins feed will toke in the Black Callis Everywhere' ins feed will toke. Sinte Academson and absorption in the Black Callis Everywhere' ins feed will toke. Sinte Academson and absorption in the Black Callis Everywhere' ins feed will toke. Sinte Academson and absorption in the Black Callis Everywhere' ins feed will toke. Sinte Academson and absorption in the Slack Callis Everywhere' instead will the Academson and absorption in the Slack Callis In the Academson and Academs		Harden Bradford. Dr. Bradford is the host of the podcast Therapy for Black Girls. This feed features mindful therapy techniques and general mental health	
Social media platform to share throughful quotes and tips for addressing past   Intervention     Body Mind Soul Healing Eliza Boquin is a psychotherapist who helps women   https://www.instagram.com/elizagboquin/     Netrotextreapy Land Logan is working on the Ph.D. in counseling psychology to be "turther trained by Black foit to provide therapy to Black foit to Bla		Black Girl In Om provides mediations and calming techniques geared towards women in the Black community. From "Mediations for a Stressed Out Black Girls Everywhere" this feed will direct you to meditation tracks and also provide inspiring thoughts and mindful	
overcome trauma. Her Instagram is features helpful tips about dealing with hardships wille remaining caim and balanced.   https://www.instagram.com/bikfoktherapy/     BubMotXtherapy Jardin Dogan is working on her Ph.D. in courseling psychology to be "truther trained by Black Kots porvide herapy to Black followers to value their feelings and explore them, even when they are uncomfortable.   https://www.instagram.com/bikfoktherapy/     BubMotXtherapy Jardin Dogan is working on her Ph.D. in courseling professional courselor and a trauma-informed therapits. She posts quotes form public figures, passages from literature and her own advice on dealing with trauma and grief.   https://www.instagram.com/bikfoktherapy/     BubAcAndembodied Alshia McCullough is a licensed mental health therapist who specializes in traum and informed education. Her social media presence anis to facilitate reacial healing and she posts a combination of personal messages to the followers and infographics.   https://www.instagram.com/blackandembodied/     BubAcAndembodied Alshia McCullough is a licensed mental health therapist who specializes in traum and formed education. Her social media presence anis to facilitate reacial healing and she posts a combination of personal messages to her followers and infographics.   https://www.instagram.com/blackandembodied/     BubAcAndembodied Alshia McCullough is a licensed psychologist who helps worme deal with trauma and to improve their relationships with their body. She posts a mixin dealer specification ensages to her followers.   https://www.instagram.com/blackandembodied/     BubAcAndembodied Alshia McCullough and use post and inspirational quotes. She specializes in anxietyl, depression, and chronic stress.		social media platform to share thoughtful quotes and tips for addressing past	https://www.instagram.com/fullcircletherapyservices/
Bigschology to be "further trained by Black fok to provide therapy to Black fok." She posts quideing and informative content that encourages here incomfortable.   Interview of the state of the st		overcome trauma. Her Instagram is features helpful tips about dealing with hardships while remaining calm and balanced.	
professional counselor and a trauma-informed therapit. She posts quotes   intervalues     from public figures, passages from literature and her own advice on dealing with trauma and grief.   intervalues     @blackandembodied Allshia McCullough is a licensed mental health therapist who specializes in trauma informed deucation. Her social media presence aims to facilitate 'racial healing' and she posts a combination of personal messages to her followers and infographics.   https://www.instagram.com/blackandembodied/     @dreboryonline Dr. Ebony is a licensed psychologist who helps women dealing 'racial healing' and she posts a ombination of personal messages to her followers.   https://www.instagram.com/drebonyonline/     .wicola Pierre-Smith, L.P.C., runs Melanated Women's Health, a therapy practice that focuses and tups that are profound and yet get straight to the point and necessary to read right now.   https://www.instagram.com/melanatedwomenshealth/     .wicola Semethingnewwithshanti Shanti Hollis, M.S., is a mental health counselor who posts anti-racist resources and inspirational quotes. She specializes in an and necessary to read right now.   https://www.instagram.com/somethingnewwithshanti/     SELF CARE, REIKI, Yoga   Yoga   https://www.level3yoga.com/     Yoga   https://www.level3yoga.com/     Yoga   https://www.level3yoga.com/     Yoga   https://www.level3yoga.com/     Yoga   https://www.level3yoga.com/     Yoga   https://www.level3yoga.com/     Yoga<		psychology to be "further trained by Black fotx to provide therapy to Black fotx." She posts validating and informative content that encourages her followers to value their feelings and explore them, even when they are	nttps://www.instagram.com/diktoixtnerapy/
Byblackandembodied Alishia McCullough is a licensed mental health therapist who specializes in trauma informed education. Her social media presence aims to facilitate "racial healing" and she posts a combination of personal messages to her followers and infographics.   https://www.instagram.com/blackandembodied/     Byblackandembodied Alishia McCullough is a licensed synthemic body. She posts a min of text, graphics, and video messages to her followers.   https://www.instagram.com/drebonyonline/     Image: Short Quebe and Upp that are profound and yet get straight to the point.   https://www.instagram.com/drebonyonline/     Image: Short Quebe and Upp that are profound and yet get straight to the point.   https://www.instagram.com/drebonyonline/     Image: Short Quebe and Upp that are profound and yet get straight to the point.   https://www.instagram.com/melanatedwomenshealth/     Image: Short Quebe and Upp that are profound and yet get straight to the point.   mental health counselor     Image: Short Quebe and Upp that are profound stress.   @mysticyaya     Image: Short Quebe and Upp that stress on Quebe straight to the point.   @mysticyaya     Image: Short Quebe and Upp that stress on Quebe stress.   @mysticyaya     Image: Short Quebe and Upp that stress.   Mttps://www.afro		professional counselor and a trauma-informed therapist. She posts quotes from public figures, passages from literature and her own advice on dealing	https://www.instagram.com/brittanyantoinette/
with trauma and to improve their relationships with their body. She posts a mix of text, graphics, and video messages to her followers.   with trauma and to improve their relationships with their body. She posts a mix of text, graphics, and video messages to her followers.     Nicola Pierre-Snith, L.P.C., runs Melanated Women's Health, a therapy practice that focuses on anxiety, trauma, and depression. On Instagram, she shares short quotes and tips that are profound and yet get straight to the point. Recently, she also shared a master reading list for literature that is relevant and necessary to read right now.   https://www.instagram.com/somethingnewwithshanti/     @somethingnewwithshanti Shanti Hollis, M.S., is a mental health counseldy who posts anti-racist resources and inspirational quotes. She specializes in anxiety, depression, and chronic stress.   @mysticyaya     @gsomethingnewwithshanti Shanti Hollis, M.S., is a mental health counseldy who posts anti-racist resources and inspirational quotes. She specializes in anxiety, depression, and chronic stress.   @mysticyaya     @gsomethingnewwithshanti   State She post of the stress.   @mysticyaya     Yoga   https://www.instagram.com/somethingnewwithshanti/   @mysticyaya     Yoga   https://www.level3yoga.com/   https://www.level3yoga.com/     Yoga   https://www.level3yoga.com/   https://www.level3yoga.com/     Yoga   https://www.getinality.com/people/julie-washington-manifesto-for-love-strength-healing-empowerment   https://www.getinality.com/people/julie-washington-manifesto-for-love-strength-healing-empowerment <td><b>@blackandembodied</b> Alishia McCullough is a licensed mental health therapist who specializes in trauma informed education. Her social media presence aims to facilitate "racial healing" and she posts a combination of</td> <td>https://www.instagram.com/blackandembodied/</td>		<b>@blackandembodied</b> Alishia McCullough is a licensed mental health therapist who specializes in trauma informed education. Her social media presence aims to facilitate "racial healing" and she posts a combination of	https://www.instagram.com/blackandembodied/
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who posts anti-racist resources and inspirational quotes. She specializes in anxiety, depression, and chronic stress.   @mysticyaya     @mysticyaya Distance Reiki Healing, Crystal Grids,   @mysticyaya     @mysticyaya Distance Reiki Healing, Crystal Grids,   @mysticyaya     SELF CARE, REIKI, YOGa   Yoga     Yoga   https://www.afroflowyoga.com/     Reiki, Tarot, Healing   https://www.afroflowyoga.com/     Reiki, Tarot, Healing   https://www.newworldnative.com/people/julie-washington     Reiki, Tarot, Healing   https://www.peinaideoutwomen.com/feed/celebration/julie-evonne-washington-manifesto-for-love-strength-healing-empowerment     Article: Your 'Surge Capacity' Is Depleted — It's Why You Feel Awful   https://www.plinanice.com/     Mathematical Mealing - Houston based   https://themysticyaya.com		practice that focuses on anxiety, trauma, and depression. On Instagram, she shares short quotes and tips that are profound and yet get straight to the point. Recently, she also shared a master reading list for literature that is relevant	
YOGA, ETC.     Yoga     https://www.level3yoga.com/       Reiki, Tarot, Healing     https://www.level3yoga.com/       Reiki, Tarot, Healing     https://www.newworldnative.com/people/julie-washington       Reiki, Tarot, Healing     https://insideoutwomen.com/feed/celebration/julie-evonne-washington-manifesto-for-love-strength-healing-empowerment       Yoga     https://www.pilinanice.com/       Article: Your 'Surge Capacity' Is Depleted — It's Why You Feel Awful     https://eemental.medium.com/your-surge-capacity-is-depleted-it.s-why-you-feel-awful-de285d54214c       Distance Reiki Healing - Houston based     https://themysticyaya.com		who posts anti-racist resources and inspirational quotes. She specializes in anxiety, depression, and chronic stress.	
YOGA, ETC.     Yoga     https://www.level3yoga.com/       Reiki, Tarot, Healing     https://www.level3yoga.com/       Reiki, Tarot, Healing     https://www.newworldnative.com/people/julie-washington       Reiki, Tarot, Healing     https://insideoutwomen.com/feed/celebration/julie-evonne-washington-manifesto-for-love-strength-healing-empowerment       Yoga     https://www.pilinanice.com/       Article: Your 'Surge Capacity' Is Depleted — It's Why You Feel Awful     https://eemental.medium.com/your-surge-capacity-is-depleted-it.s-why-you-feel-awful-de285d54214c       Distance Reiki Healing - Houston based     https://themysticyaya.com			
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Reiki, Tarot, Healing   http://insideoutwomen.com/feed/celebration/julie-evonne-washington-manifesto-for-love-strength-healing-empowerment     Yoga   https://www.pilinanice.com/     Article: Your 'Surge Capacity' Is Depleted — It's Why You Feel Awful   https://elemental.medium.com/your-surge-capacity-is-depleted-it-s-why-you-feel-awful-de285d542f4c     Distance Reiki Healing - Houston based   https://themysticyaya.com			
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Yoga     https://www.pilinanice.com/       Article: Your 'Surge Capacity' Is Depleted — It's Why You Feel Awful     https://elemental.medium.com/your-surge-capacity-is-depleted-it.s-why-you-feel-awful-de285d542f4c       Distance Reiki Healing - Houston based     https://themysticyaya.com		Reiki, Tarot, Healing	
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Distance Reiki Healing - Houston based https://themysticyaya.com			

MEDITATION, VISUALIZATION, ETC.	ETHEL's CLUB - An online social and wellness club designed for you.	https://www.ethelsclub.com
	Liberste Meditation App	https://apps.apple.com/us/app/liberate-meditation/id1451620569
	Meditation	https://www.blackgirlinom.com/
	Touching the Earth to Our African American Ancestors	https://insig.ht/C5dChphhg8
	Black History & Moving Into Collective Liberation	https://insig.ht/ejGNITshg8
	Headspace	https://www.headspace.com/lacounty (headspace not black, but is free for LA County residents)
	Insight Timer Meditation App	https://insighttimer.com
PODCASTS	Therapy for Black Girls - Mental Health for Activists	https://podcasts.apple.com/us/podcast/therapy-for-black-girls/id1223803641?i=1000404142137