

W E L C O M I N G & A F F I R M I N G

DISABILITY ° NEURODIVERSE ° BIPOC ° AAPI ° TRANS ° NON-BINARY ° GAY ° WHITE ° STRAIGHT



A WEB-BASED PSYCHOEDUCATIONAL PEER SUPPORT GROUP FOR PEOPLE LIVING WITH THE STRUGGLES OF BEING A BEAUTIFUL AND IMPERFECT HUMAN BEING

The 1ST TUESDAY of Each Month!

ZOOM Meeting Online, 6:00PM – 7:00PM PST

Suggested *Dana*: \$25-30per Session



Facilitated by

B. Bartja Wachtel, MSW, LCSW (He/They)

Sublime Space is a mindfulness-based support group dedicated to cultivating wise attention, deep meaning, and fiercely compassionate ways of being in the world as the foundations for transformation, loving interconnection and well-being.

Space is limited to 20 participants. To join, contact Bartja at emfmbartja@gmail.com with "Sublime Space" in the subject header of the email in order to set up a brief on-line consultation.

This is a Sexual & Gender-Queer, Anti-Racist, Body & Sex-Positive Welcoming Space.

ENGAGING MINDFULNESS | WISE ATTENTION | DEEP MEANING | FIERCE COMPASSION | LOVING CONNECTION | FORGING MEANING

www.emfm.space

