

# HEALING TOGETHER VIRTUAL GATHERINGS

*Healing Together in the Time of COVID-19*



The impacts of this pandemic are both deeply personal and collectively shared with the global community. There is uncertainty, loss, fear, and pulls to numb from it all.

*LJIST Healing Together Virtual Gatherings* offer a confidential, facilitated “drop-in” space to get and give support. We will release feelings and un- numb to get clearer thinking in the present moment and interrupt isolation in this time of physical distancing.



## **PARTICIPANTS WILL**

Be deeply listened to and listen to others using LJIST’s core healing practice, Constructivist Listening

Experience the power of emotional healing in community and break isolation

Release despair, helplessness, panic, exhaustion and/or numbness

Be more hopeful, energized, connected, and clear as we identify actions we can take to ensure a just response and future

Receive compassionate, non-judgmental support around the COVID-19 pandemic

**READY FOR THE NEXT STEP?**

**Click here to  
schedule a call**

**LUNA JIMÉNEZ INSTITUTE FOR SOCIAL TRANSFORMATION**

PO Box 11837, Portland, OR 97211 | P. 503.281.5570 F. 503.281.5571  
info@ljist.com | ljist.com

*Transforming the world, one revolutionary relationship at a time.*