

# Racial Trauma Counselling & Support

**Racial trauma refers to the events or danger related to experiences of racial discrimination (Carter, 2007).**

**Provides individuals with short-term one-on-one counselling sessions with a trauma-informed counsellor:**

- **Managing Emotional Triggers**
- **Develop healthy coping skills**
- **Mental wellbeing enhancement**
- **Interpersonnal cultural empowerment**

**For more Information please call Tamika @ 204-982-1720  
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