



LIGHTHOUSE CLINIC

Guidance. Healing. A Brighter Tomorrow.

SEEN
HEARD
VALUED
EMPOWERED



BLACK WOMEN'S

Supportive Therapy Group

A therapeutic space created for Black women to feel seen, supported, and connected.

Join a supportive group centered on connection, healing, shared understanding, and navigating the experiences that impact Black women's emotional wellness.

TOPICS MAY INCLUDE:

-  Grief & loss
-  Life transitions
-  Relationships
-  Parenting
-  Racial and cultural stressors
-  Workplace & family experiences
-  Boundaries & self-care
-  Identity, resilience & personal growth



**EVERY OTHER
SATURDAY**

11:00 AM – 12:30 PM



Lighthouse Clinic

2524 E. Webster Place, Suite 203
Milwaukee, WI 53211

INTERESTED IN JOINING?

All potential participants complete a brief individual assessment/screening before joining the group. This helps determine whether the group is an appropriate fit and supports a safe, respectful, culturally responsive, and supportive environment.



Please send referrals or screening requests directly to:

Theresa Turner, LPC-IT

TTurner@TheLighthouseClinic.com

Participation is based on completion of the screening process and appropriateness for the group setting.

*Community
Healing
Sisterhood
Belonging*



DIFFERENT JOURNEYS.
SHARED STRENGTH.
BRIGHTER TOMORROWS.

SUPPORT • EMPOWER • UPLIFT • THRIVE