

**SPEAKING.
HEARING.
HEALING.**



Virtual process groups provide real-world support to cope with times of unrest.

In the wake of racial violence, the murder of George Floyd, and the resulting protests, it can be difficult for an employer to know how to support employees' emotional wellbeing as they experience a range of strong reactions. A supportive environment for open discussion provides an outlet for coping and sharing, as strategies on a path to healing. In response, CCA is offering process groups to afford participants a safe space where they can freely express their emotions and have a voice.

All sessions are conducted virtually, in a live and professionally facilitated format. CCA will work collaboratively with your organization to ensure that all content and recommendations align with your organizational culture and target audience.

Each process group will be greatly influenced by its participating members. However, all groups encourage the identification, validation, clarification and interpretation of participants' emotional responses and how they can channel the power of their emotional responses toward constructive, meaningful and relevant action. Self-care practices (physical and emotional) are also embedded in the process.

The groups are intended to be a space of vulnerability, where all are entitled to their feelings, questions, experiences and perspectives. Our number-one goal is to make sure everyone feels comfortable and supported.

CCA's facilitators are both accredited counselors and Learning and Development professionals. Our methodology combines adult learning best practices with an understanding of human psychology and behavior.

We're here to help your organization provide compassionate, effective, professional employee support for challenges like those we're currently facing and others. To find out more, call **212-686-6827** or email cca@ccainc.com.

