

Building Community Care: A Therapy Group!

with Anna Cullop LPC & K Hixson LPC



Starting in January!

K Hixson LPC & Anna Cullop LPC hold groups for clients who are seeking more community connection. Group work is a wonderful way to go deeper with individual therapy themes while sharing your lived experiences with other like-minded folks. Due to the impacts of COVID, political + economic stress, and climate chaos, the need to gather together and engage in more mutual aid and community care is needed. We are motivated to provide more expansive and sustainable webs of support to break down isolation and alienation. We are seeking people who want to take risks to share their challenges in a group setting. While we have ideas about topics to discuss, we will be joining together to more clearly identify your specific needs as a group. Anna and K will provide the structure, the facilitation skills, and plenty of ideas! Once this group is formed, it will be closed to new members for 10 weeks. ***We invite you to take this exquisite risk with us!***

DETAILS:

This is a group for queer folks, trans folks, gender non-conforming folks, & femmes, 35 & older

Cost: \$55-\$75/group (no insurance): 10 week commitment.

Dates: This group will run on Thursday evenings 6pm-7:30pm, likely starting in January 2023 with the option of continuing per consensus. This will be a hybrid group: some groups will be held in person at Keystone Commons and we imagine a pivot to online if needed during fall COVID surges. This will be an anti-racist/anti-oppressive space.

About the Facilitators

Anna Cullop: I am a white, cis-gender, queer Licensed Professional Counselor living with chronic illness. I've been working in social services for 20+ years, and as a mental health counselor for the last 8 years. Recently I started supervising counselor associates in group settings and love facilitating them! When I am not working much of my time is spent with my dog Clover, adventuring when able, and listening to fantasy audiobooks.

K Hixson: I am a white, non-binary Licensed Professional Counselor and have been working as a mental health provider in Portland for 20 years. Professionally, I also spend my time supervising counselor associates and training fellow colleagues. Personally, when I'm not working, I can be found hiking in the gorge, sipping coffee, or watching all the television shows!

Aspects of our identities as facilitators may impact your desire to participate in this group and we respect that! If you want to discuss whether this will be the right group for you, feel free to reach out to us to discuss this.

Screening required if you are interested:

Contact K at kh@drhixson.com or

Anna at annacullop@cocooncounseling.com