

## Trauma Decompression & Counseling for Front Line Workers & Activists



**WE ARE ALL IN THIS  
TOGETHER.**

In light of the significant trauma that is happening for our service providers, caregivers, and protestors, Brave Space, LLC would like to support you and care for your psychological health.

**If you or someone you know needs to be held, either once, multiple times, or long term, please reach out.**

Brave Space providers have a deep education, both personally and academically, in anti-oppression work, trauma recovery, and resilience. We specialize in supporting people from a race, disability, gender, trauma, and socioeconomic informed framework, and addressing systemic traumas, vicarious traumatization, compassion fatigue, and burnout.

We are happy to provide this support for free informally (just being a peer), or formally (becoming your therapist). We can bill most private insurances for therapy work, or can do pro bono if that's best for you.

We will be scheduling sessions throughout the week to accommodate professional and activist schedules.

**Insurances:** BCBS, United, Aetna, Providence, MHN, Cigna, OHP CareOregon, OHP OpenCard

**Rates:** Sliding scale/pro bono available.

**Contact:** 503-389-5801, or kate@bravespacellc.com

**This is our effort at making change. We hope you lean on us if you need us.**