

Roots of Resiliency



Supporting individuals who have experienced or witnessed racism.

Racism is the unfair treatment of people based on their race or the color of their skin. It happens when people or groups of people are treated differently, often in a negative way, because of where they come from or how they look. This can happen in many places, like schools, workplaces, healthcare settings, or even in everyday life.

Racism can have serious effects on people's health and well-being. Common risks or symptoms include:

- Difficulties with managing stress
- Fear or constant sense of threat
- Feeling isolated from others
- Guilt or shame
- Anxiety or worrying
- Depression
- Trauma
- Low self-esteem
- Trust issues

OUR SERVICES



One-on-One Counselling

Confidential therapy tailored to your needs. Support is available in-person/online.



Community Workshops




Gain access to essential info and resources by participating in community programs.



Mental Health Resources

For additional support, referrals can be made to trusted resources and other services.

Contact us for more info:

 Anam Cheema
 604-534-7921 ext. 1317
 acheema@lcss.ca


Langley Community
Services Society

 **United Way**
British Columbia

Working with communities in
BC's North, Interior, Lower Mainland,
Central & Northern Vancouver Island