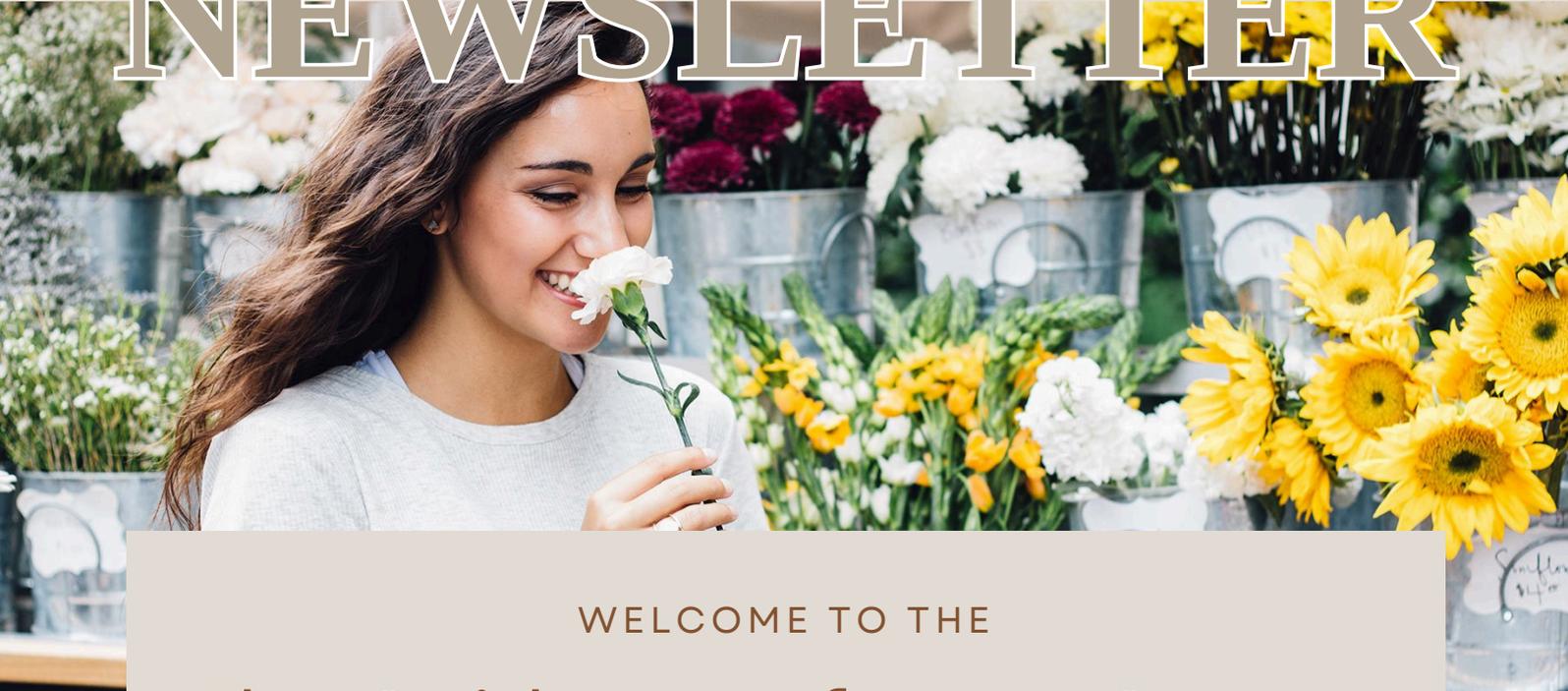


# NEWSLETTER



WELCOME TO THE

## The Guidance of Hope Corner



Welcome to the very first edition of **GOH Corner**, a space created with intention, care, and truth. This newsletter lives at the intersection of **healing, community, and empowerment**. Each issue will offer grounded reflections, clinical insight, and accessible tools to support you through life's transitions.

February's issue centers on trauma-informed care amid global uncertainty, honors **Black History Month**, reflects our 2026 theme of **Dominion**, and holds space for love and relationships during Valentine's season.



## Holding Trauma in a World That Feels Unsafe

A Trauma-Informed Reflection for BIPOC Communities

For many, especially BIPOC, immigrant, and marginalized communities, current events, including immigration enforcement (especially with the three senseless killings in Minneapolis), political unrest, and systemic inequities, can activate deep trauma responses. These reactions are not weaknesses; they are nervous-system survival responses.

### YOU MAY NOTICE:

- \* **Heightened anxiety or hypervigilance**
- \* **Difficulty sleeping or concentrating**
- \* **Emotional numbness or irritability**
- \* **A sense of grief, fear, or anger without a clear outlet**



These responses often stem from historical, racial, generational, and collective trauma, not just what is happening today, but what has happened before. Your body always keeps the score of lived experiences and generational trauma experiences.

As freedom fighters have long named, the body remembers what systems try to erase.



“It is no longer possible to believe that the struggle for freedom is a struggle of the past.”

– Angela Davis

# Grounding Through the Storm: Coping Tools

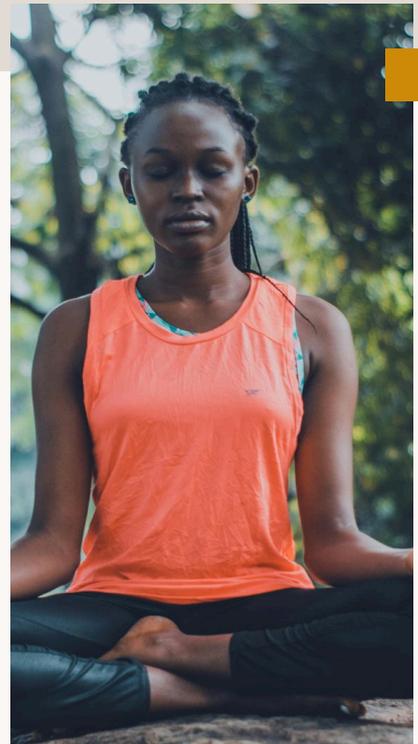
GUIDED GROUNDING PRACTICE: THE LIGHT WITHIN  
INSPIRED BY MAYA ANGELOU'S WORDS:

“Nothing can dim the light which shines from within.”

– Maya Angelou

## TAKE A MOMENT TO PAUSE:

- 01 Place one hand on your chest and one on your abdomen. Take three slow breaths.
- 02 Silently name one part of you that has survived hard seasons.
- 03 Imagine a small, steady light in your body; notice its warmth and steadiness.
- 04 On the exhale, repeat: My light is still here. I am still here.



## NOW, CONTINUE WITH THE GROUNDING TOOLS BELOW:

### Anchor to the present:

Name 5 things you see, 4 you feel, 3 you hear, 2 you smell, 1 you taste

### Limit media exposure:

Staying informed matters, but constant exposure retraumatizes

### Regulate the body first:

Gentle movement, deep breathing, temperature changes (warm tea, cool water)

### Community care:

You do not have to hold this alone connection is protective. If you already have a network of friends or a support system, connect with them. Health is wealth.

**Your fear makes sense. Your pain is valid. And you deserve peace and space for self-care in your healing journey.**

# Black History Month: Healing as Resistance

Freedom Fighter Reflection

“Freedom is a constant struggle.”

– Angela Davis



## REFLECTION QUESTIONS:

- 01 Where in your life does freedom still feel like a struggle rather than a choice?
- 02 What would it look like to offer yourself compassion instead of criticism in that space?

THE REVOLUTION WILL NOT BE TELEVISED!! (Gilbert Scott-Heron). Black history is not only about survival but also about resilience, creativity, joy, love, and liberation. Our ancestors practiced healing amid oppression through spirituality, storytelling, music, rest, and community.

This month, we honor:



Emotional expression as strength



Rest as resistance



Therapy as liberation



Boundaries as self-respect

## Dominion Reflection

Dominion is about reclaiming authorship over your life, your body, your emotions, your relationships, and your future.

As Malcolm X reminded us:

“The future belongs to those who prepare for it today.”  
– Malcolm X

## This year, Dominion looks like:

- Choosing rest without guilt
- Saying no without apology
- Trusting your intuition
- Breaking cycles that no longer serve you

Healing is not passive; it is a radical, intentional act.



# The Love, Relationships & Valentine's Season

Because Relationships Deserve Care Too

Valentine's Day can bring connection, grief, longing, or pressure, sometimes all at once. Whether you're partnered, single, or navigating a non-traditional or evolving relationship, your experience matters.



Maya Angelou reminds us:

“Love recognizes no barriers. It jumps hurdles, leaps fences, penetrates walls to arrive at its destination full of hope.”



Maya Angelou



## For Couples



### Emotional safety matters more than perfection

When your partner feels emotionally safe with you, it's a level of intimacy that can't be broken.



### Repairing after conflict builds trust

Understanding that trust is a slow process to build and rebuild.



### Growth requires curiosity, not blame

Understand each other's reciprocal obligations

## For Single



### Emotional safety matters more than perfection

- Your worth is not defined by relationship status
- Living in your values requires you to know them and show up intentionally in spaces.
- This season can be about self-connection and clarity.
- Loneliness is a human experience, not a personal failure



## For Unique & Non-Traditional Relationships



Your love does not need outside validation



Healthy relationships are defined by consent, respect, and communication, not conformity.



There is no one-size-fits-all for how we love.

Love starts with how you relate to yourself.



## UPCOMING WORKSHOP

## BUILDING BONDS COUPLES WORKSHOP

An 8-Part group experience is designed to help couples strengthen their relationship through effective communication, emotional connection, and deeper intimacy.

## Building Bond: Strengthening Connection in Relationships (8 Weeks)

Starting March 21, 2026

A therapist-led couples workshop focused on:

- Communication & emotional safety
- Trust-building and repair
- Redefine intimacy
- Mindfulness in relationships
- Reconnecting through shared values

Ideal for couples at any stage seeking a deeper connection.

## Why Wasn't I Enough? (6 Weeks) Healing from the Loss of Love

Starting May 23, 2026

A supportive workshop for individuals grieving:

- Breakups or divorce
- Unanswered questions after loss
- Identity shifts after relationship endings

This space centers meaning-making, self-compassion, and reclaiming your narrative.



# WHY

# Guidance of Hope Resource Corner

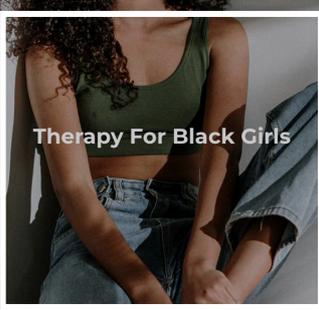
## TRAUMA & COPING

- 01 **Grounding exercises (5-4-3-2-1)**
- 02 **Insight Timer (app): guided anxiety & trauma practices**
- 03 **Read: The Body Keeps The Score by Bessel Van Der Kolk**  
The Pain We Carry: Healing from Complex PTSD for People of Color by Natali Gutierrez
- 04 **Body-based regulation (stretching, walking, breathwork)**



## BIPOC-Centered Mental Health Resources

Inclusive Therapy directories



Therapy For Black Girls



Therapy for Lanin X



Melanin & Mental Health



National Queer and Trans  
Therapist of color



Sol Counseling & Consulting



## Community-based healing spaces

### BEAM

Supports the mental health and well-being of marginalized communities through training, funding, and healing-centered resources for therapists and wellness practitioners.

### LOVELAND FOUNDATION

Supports Black women's mental health by funding therapy, providing resources, and investing in BIPOC therapists

### THE NAP MINISTRY

Was founded in 2016 by Tricia Hersey and is an organization that examines the liberating power of naps.



## Culturally responsive podcasts and readings

**Couch Chronicles  
Therapist After Dark  
(My podcast)**

**Therapy For  
Black Girls**

**Just Lyfin Podcast**

**Rest of Us Podcast:**

**All Relations Podcast:**



Healing is not linear. Love is not one-size-fits-all. And rest is not something you earn, it is something you deserve. As we move through this year of Dominion, may you continue to choose yourself with compassion, courage, and intention. With warmth and care,

**JUDELINE ALTEMA-COMMEY, LCPC  
FOUNDER, GUIDANCE OF HOPE, LLC**

Interested in therapy, workshops, or future newsletters? Visit the Guidance of Hope website or follow us on social media for updates.