



HEALING IN COMMUNITY

ROOTS & FRUITS

A Group Program for the Daughters of Immigrants



@paulinethepsychologist

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WELCOME

We are designed for connection.

Relationships are the most important contributors to our well-being. And yet, so many of us are trying to understand and work on ourselves alone.

I'm inviting you in to a co-created space with fellow daughters of immigrants where we can talk deeply, share honestly, and offer reciprocal support. Welcome to collective healing.

Dr. Pauline Yeghnazar Peck






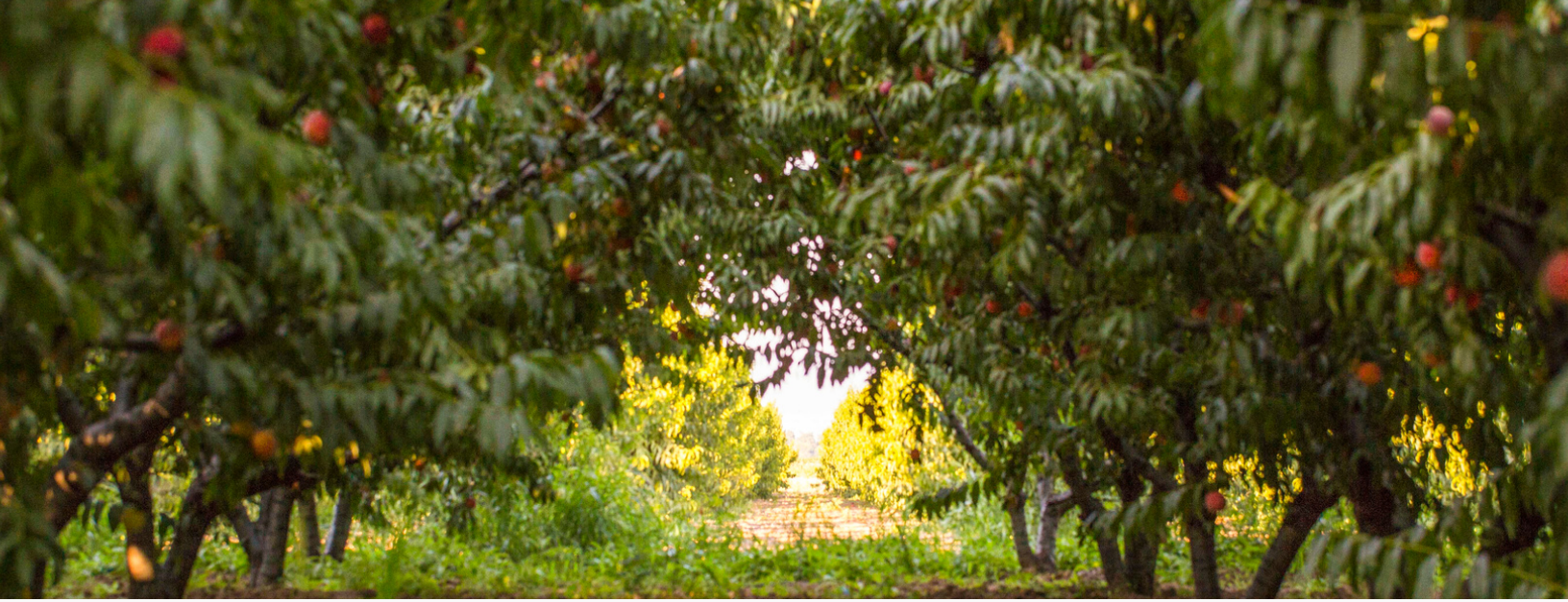
STORY TIME

I spent YEARS trying to understand myself the individual way, through therapy, reading, and grad school. It was worthwhile, but looking back, the most powerful aspect of my journey has always been fellow daughters of immigrants!

I got to work with thousands of daughters of immigrants throughout grad school and as I was completing hours to become a licensed psychologist. In the midst of their diverse stories and experiences, I SAW MYSELF. So many times I had to keep from blurting out in session: "me too, me too!!! I was helping them with what I was learning and they were simultaneously helping me feel seen and validated. I realized that despite our many differences, there were so many common elements and that sparked the work I do today, years later. I still believe that the felt sense of seeing our experience understood and verbalized by multiple others is one of the most POTENT ingredients for transformation and healing.

For years, I have longed to create a communal healing space for the daughters of immigrants that goes beyond the confines of traditional therapy. The wait is over: Roots and Fruits is that very space with that very purpose.





WHY ROOTS & FRUITS?

Trees are wise beyond our understanding.

They are dynamic, adapting according to the season. They are incredibly solid but also bend and sway in the midst of a storm and reminding us that we can be both soft and strong, grounded and flexible.

The roots of a tree represent ancestral lineage and the tips of the branches represent the descendants. We each have a story and a history that deserves acknowledgement. As you move from the root to the tips, you are moving forward in time. We are both roots and branches.

A healthy tree is deeply rooted to the essential elements (water, nutrients, oxygen) and deeply connected to other trees. Did you know that trees actually communicate with one another through hormonal, chemical and electrical signals? Fed and supported trees give back so much to everyone and everything around them. They offer beauty to passerby, shelter for animals, and oxygen for all living things. They also produce nourishing, sweet fruit.

When we honor our history, supply ourselves what we need to thrive, and settle in community with others, like trees, we become beacons of healing, hope, and support to all who come into contact with us.





YOU

You are a 1st, 1.5, 2nd, or 3rd generation immigrant daughter. You know what it's like to straddle at least two cultural worlds and to learn how to edit yourself depending on the context and the rules. You are such a chameleon that you wonder who you really are. You know all too well how to be "good" and to do the thing that is expected. But what about your wants and needs? Why does it feel like no matter what you choose, you lose something? It feels like your culture and your self are at odds with one another. You haven't learned how to truly tune in to or communicate your needs? And you don't want to hurt your family. You feel so grateful, even guilty, for all your parents' hard work that has given you access to things they may never have. You are at a crossroads. Decisions need to be made but you feel lost. You may have tried therapy but something still feels like it's missing. You have friends to turn to but sometimes it feels like the blind leading the blind. You long for guidance, support, and validation. You want to know you're not alone or not doing something "wrong." You crave a sense of belonging and to know that others are navigating some version of the same path.

If any of this is you, this group is for you!

THIS GROUP IS FOR THE WOMEN ASKING ??? LIKE ...

- Where do I even belong culturally when I am too much for white people and not enough for my own culture?
- How can I set boundaries with my parents when they don't understand?
- Why is it so hard for me to know what I need and take care of myself?
- Is it time to do the things that make me happy rather than just do what has been expected of me?
- Am I in the right career, relationship, place in my life?
- How do I navigate dating someone outside of my culture?
- Will my parents ever understand and approve of my choices?
- Why is conflict or upsetting others so hard for me?
- What is my worth outside of my accomplishments?



BUILT JUST FOR YOU

In my individual work, I have often felt stifled by the therapy structure. The norms and aims of therapy were not created for non-white, communities of color.

This group combines the best of many worlds: all the things that have worked in my therapeutic work with daughters of immigrants for over a decade without the confines of traditional therapy, where change unfolds over time through exploration, plus the practical knowledge and information I have gained through many years of academic study and life experience.

In its pulling from different worlds, the group itself represents how as bicultural/multicultural beings, we have to find a hybrid path. For many of us, therapy is GREAT (it's still something I love) and yet, somewhat incomplete.

We need creative solutions to our issues that aren't going to come from western psychology. We need practical tools. We need targeted learning. We need a supportive environment. We need culturally-informed guidance. We need EACH OTHER.

You deserve a space that was created specifically for you.



GROUP DETAILS

This is a one-month immersive experience which includes:

Four one-hour group Zoom sessions

- Give and receive support, foster connection

Tailored exercises and resources

- Learn skills, make links, solidify understanding

Access to a WhatsApp community group chat

- Stay connected, apply things in real-time



THE INVESTMENT

\$1250 paid in full

\$450/month paid over a 3-month period (starting with the month you begin group)

*All prices are in USD; we will convert based on your geographic location

**\$250 deposit to secure your future spot which goes toward the cost of the program

What can you adjust in your life right now in order to be able to make this investment in yourself?

Frequently Asked Questions

Q: I'm really nervous about participating in a group.

A: I hear you and it's not a reason to skip the group. Fear often comes up to signal that you are doing something different. So many of us have been culturally taught to suffer in silence and not to discuss "taboo" topics. The power of the group is in precisely creating a sacred environment where this can happen. You might wonder if you will be accepted and supported - whether others can relate to you. It's likely that you feel this way about other groups in your life too. This setting allows you to gently acknowledge, explore, and experiment with those feelings in a shared space with others who are also taking a risk. In some ways, this is safer than jumping into other groups that aren't moderated or structured.

Also, no one will be forced to participate beyond their capacity. Yes, I will encourage you to take risks because you will get what you put into it, but you can share and open up according to what feels right for you. We can honor differing needs and preferences in one group and everyone can still get what they need.

You and your nerves are welcome!

Q: How does group compare to individual work?

A: Individual work affords individual attention and increased safety but it also means one source of learning (me). Group offers less individual attention and more risk but learning from different people as well as being able to both receive AND give to others. I can personally attest to how good it feels to be able to support and help others even as you are working through your own things.

Q: What if I want to work with you individually? Are you doing away with your 1:1 Culture and Connection Transformation Program?

A: No, I will still reserve 1-2 spots a quarter for individual work if you feel that this is your preferred modality.

READY TO MOVE FORWARD?

LET'S GO!

Fill out the form below to give me a bit more info about you and either secure your spot by paying your deposit or schedule a call with me to discuss further.

Communal healing is right around the corner, and it's about time!

[FILL OUT THE FORM!](#)

