

CYPRESS COLLEGE, FULLERTON COLLEGE, AND  
NORTH ORANGE CONTINUING EDUCATION  
CELEBRATE

# INDIGENOUS PEOPLE'S DAY

## THE INDIGENOUS ART OF HEALING

October 10, 2022, 11:30am - 1:00pm



Come explore how to rethink the concept of mental health and connect with a sense of shared purpose through spirituality and Indigenous wisdom and practices.

This workshop will incorporate Sound Healing so headphones are recommended. If you plan to participate in sound healing and breathwork, please make sure you are not operating any machinery or driving during integration of the practice portion of the workshop.



### Presenter: Carolina A. Miranda

Carolina A. Miranda is a LatinX & Indigenous Licensed Clinical Social Worker, EMDR Therapist and Sound Healing Practitioner. Carolina is a firm believer of the Whole Person Wellness, thus has led her in developing a holistic and integrative approach to therapy and healing for over 6 years. She founded Unearth Healing & Wellness LLC, a practice integrating Western practices in Mental Health with Holistic and Ancient Indigenous practices and treatments for mind, body & Spirit. She is also the creator of The Art of Frequency™ a series of workshops, where mental health meets Quantum Healing. Because therapy and healing are not a one-size fits all process, she has made her mission and that of her practice, to enlighten others of this deeper wisdom and healing capacities within everyone and continue to empower the people she serves throughout the cycles and seasons of a soul's healing journey.

To learn more about the different modalities and workshops Carolina works with please visit:  
<https://linktr.ee/unearthhealing> & Instagram: @unearthhealing

*The content in this workshop is provided for educational purposes only. It is not intended to be a substitute for professional advice, diagnosis or treatment. Emotions may come up in both ourselves and others throughout the session, which is expected but may be challenging. If you are experiencing distress and need further support or you have clinical needs, please contact your healthcare provider, and never disregard professional medical or mental health advice or delay in seeking it because of something you have heard in this workshop.*

*Text or call 988 Mental Health Hotline*