

If you want to go quickly, go alone.

If you want to go far, go together.

~African Proverb

UNITY

Free Community Healing Circles

Spring 2023 ~ Weekly for 4 weeks ~ 1.5 hours each week



Caregivers (CGs) Cohort

Mondays 6:00-7:30 pm (Begins April 17th)

Formerly Incarcerated Parents (FIPs) Cohort

Tuesdays 6:00-7:30 pm (Begins April 18th)

Adult Children of Formerly Incarcerated Parents (CFIPs) Cohort

Wednesdays 6:00-7:30 pm (Begins April 19th)

[Complete our Interest Form](#)



[For more information click here](#)



Participants can register online through April 12th! FREE & Gift Card Incentives

Free In-person Healing Circles for System-Impacted Families to process their experiences and learn skills to reintegrate into family life. The circles will be held safely outside in-person in our private courtyard. Each circle cohort is co-facilitated by a reentry peer with lived experience and a professional counselor of color.



2020 Participant Closing Circle Word Cloud



2022 Umoja Team!



About Us

Carl B. Metoyer Center for Family Counseling has been serving families in East Oakland for more than 40 years. The Umoja Reentry Family Unity Project Community Healing Circles Program is funded by Oakland's Department of Violence Prevention's Mini-grants program.