



Time Of Butterflies Community Resources



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Mission: Time Of Butterflies creates a supportive community that provides a healing space for women of color.

Vision: We counter the experience of trauma with a sensitive and competent multidisciplinary response. We focus on community building, by providing a space for women to come together. We believe that the best healing happens within a community, and our goal is to provide resources, workshops and events to help improve the quality of life of women affected by trauma.

Values: Empathy, Collaboration, Integrity, Empowerment, and Respect.

A resource for you to have

We have created this resource for the community. We hope that you find this helpful and useful. This will be consistently updated with new resources, and we hope that this information contributes to your healing journey mentally, emotionally, physically, and spiritually.



1. Domestic Violence Hotline
1800-799-SAFE (7233)
2. Domestic Violence Hotline Chat
<https://www.thehotline.org/what-to-expect-when-you-contact-us/>
3. National Suicide Prevention Lifeline
<https://www.thehotline.org/what-to-expect-when-you-contact-us/>
4. National Sexual Assault Chat
<https://hotline.rainn.org/online>
5. Open Path
As long as there is a financial need, our lifetime membership will allow you to see anyone. This is our guarantee. A lifetime membership only costs \$59.
<https://openpathcollective.org/>
6. 13 Black-Owned Therapy And Wellness Resources To Use When Things Get Heavy
<https://travelnoire.com/13-black-owned-therapy-wellness-resources>
7. BEAM
Black Emotional and Mental Health Collective.
<https://beam.community/get-help-now/>
8. The Recovery Village/South Jersey Recovery
A free web resource that provides information about addiction, eating disorders, and mental health issues.



Personality disorders can make many parts of day-to-day life difficult, so some people turn to substances as a way to cope with these difficulties. For some, this may be a way to cover feelings of emptiness or social isolation. For others, it may be a way to heighten thrill-seeking behaviors, impulsivity, and swings of anger. To spread awareness, here are two free guides covering personality disorders and co-occurring substance abuse as well as resources for those suffering from, or suspect a loved one may be suffering from domestic violence as unfortunately the two often co-exist.

<https://www.therecoveryvillage.com/resources/domestic-violence/>

<https://www.southjerseyrecovery.com/co-occurring-disorders/personality-disorders/>

9. HRI Partial Hospitalization Program (Ascend Group)

Location: Allston/Brookline in MA

Program launched November 2021 for Women of Color.

- For ages 18 and up (adults only).
- All services are only in English at this time.
- Focus on inclusive language and creating a safe space for everyone. Group members develop problem-solving and coping skills, connect to resources, access support in navigating health care and legal systems, and navigate systemic oppression to get needs met.
- Format: Telehealth (Zoom)
- Options for referral, Full Partial (PHP) – 5 days per week for 2 weeks, Intensive Outpatient (IOP), Half-Partial (HPHP).
- Referrals can be made through intake department (833-468-2531, option #2). Either provider or client can refer.
- On Arbour Website – under Women’s Partial Program



10. Phoenix Rising Centers

Mental Health Care for and by BIPOC and LGBTQIA+

We have an amazing and growing team of mental health providers that offers mental health services and psychotherapy! We pride ourselves in hiring providers who are part of the communities we serve. 85% or more of our providers are PoC, QTPoC or part of the LGBTQIA2S+ community. Phoenix Rising Centers aims to be a national mental health collective which is rooted in ethics and grounded in social justice. Those who align with us, see mental health access and service as a form of activism. We are not your run of the mill place, we centralize top notch care and ensure the right fit for all of our clients. From the intake process and beyond, our clients feel the Phoenix Rising Centers difference.

We're here for you!

<https://www.phoenixrisingcenters.org/>

11. 7 Tips For Finding a Culturally Competent Therapist- from Someone Who's Been There

<https://www.healthline.com/health/how-to-find-and-fund-therapy-as-a-bipoc>

12. Women's Health

These Businesses Are Offering Free Or Reduced-Cost Mental Health Care To The Black Community.

<https://www.womenshealthmag.com/health/a32826823/free-therapy-black-community/>

13. Nerdist

THESE ORGANIZATIONS SUPPORT BLACK MENTAL HEALTH & WELLNESS.



<https://nerdist.com/article/black-mental-health-wellness-organizations/>

14. Pathways Referral Manual

SERVING CENTRAL MA, THEY PROVIDE SUPPORT SERVICES TO ANY PERSON IMPACTED BY SEXUAL VIOLENCE, AS WELL AS EDUCATION THAT HELPS END SEXUAL VIOLENCE.

<https://pathwaysforchange.help/>