

Strength in Tiny Steps

Black Mama NICU Circle



OPEN PATHS
COUNSELING CENTER

Eliminating Financial, Geographic & Cultural
Barriers to Therapy

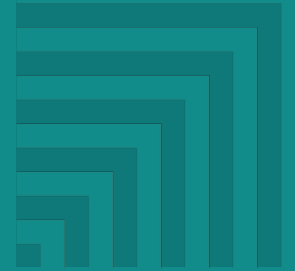
Open Paths offers culturally-affirming, trauma-informed therapy to historically marginalized communities, in both English and Spanish.

We support clients struggling with trauma, depression, anxiety, stress, relationship issues, as well as abuse and violence.



Counseling Services:

- Individual | Couples | Child | Family Therapy
- Support Groups:
 - Positive Parenting
 - Women's Empowerment (for victims and survivors of domestic violence),
 - Batterer Intervention Programs
 - Anger Management



Our Mission

To Meet The Evolving Mental Health Needs Of The Community Through Quality Counseling For Individuals And Families At Affordable Fees; Free Therapy Programs For At-Risk Children And Youth In Local Schools; And A Highly-Respected Therapist Training Program.

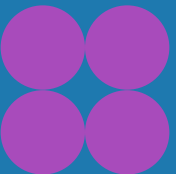
Our Vision

Our Vision Is To Eliminate Three Specific Barriers To Therapy For These Communities; Financial, Geographical, And Cultural. Removing These Barriers Is The Foundation For How Our Programs And Services Are Structured. This Foundation Is The Scaffolding For Achieving Our Mission

Strength in Tiny Steps: Black Mama NICU Circle

In the journey of motherhood, the early or emergency birth of a baby can sometimes interrupt the expected path. At Strength in Tiny Steps, we not only recognize this interruption but also the vital importance of taking small yet significant steps to navigate this uniquely challenging journey of caring for a baby in the NICU.

Welcome to our Mama-Centered group, where your well-being, both mentally and physically, takes precedence. We fully comprehend the challenges that come with the NICU journey, and we are here to provide you with a secure and supportive space. From sharing birth stories to learning baby massage, our mission is to stand by you and celebrate the exceptional experiences you bring to our community.



Facilitator: Dominique DjeDje

By profession, I'm a Community Health Worker, but my most cherished role is being a mother. I co-raise two remarkable Black children. My eldest, born at just 27 weeks, weighing a mere 2lb 4oz, embarked on a remarkable journey in the NICU. Her story is etched in my heart, complete with surgeries and transfers between three hospitals, spanning a challenging 5 months. My passion for holding space has led me to facilitate countless circles and support groups for parents and children, offering both education and social-emotional support. Together, we can navigate the NICU journey, celebrate the beauty of motherhood, and cherish our shared Black identity. Let's cultivate joy and strength together. I'm here to hold space, offer guidance, and most importantly, to remind you that you are not alone on this path.



(on the left)



(on the right)

Facilitator: Summer McBride

I'm an advocate for families, leveraging my extensive experience to champion early childhood health and development. As a mother of five, including a courageous baby boy who spent 15 days in the NICU, I desire to improve the lives of children and their caregivers. In my roles as a Commissioner for First 5 LA; a Facilitator at the Charles Drew University Black Maternal Health Center of Excellence; and a certified parent educator, I have worked to create and implement services that support all families, especially those from marginalized communities. My commitment extends beyond work, as I am actively involved in various community organizations and initiatives, advocating for the well-being of infants and mothers. I firmly believe in the power and purpose of collective wisdom and look forward to this journey of learning, growing, and strengthening our villages together.

Zari Hedayat: Clinical Director at Open Paths



Dr. Zari Hedayat earned her Ph.D in 1991 from what is now the Chicago School of Psychology. She has been on faculty at Antioch University since 1993, and an Affiliate of the Child Specialization Program where she taught a class on 'cross-cultural infant observation.'

In the late 1990's Dr. Hedayat was affiliated and participated in the Infant Mental Health certificate program at the Early Childhood Foundation of Cedars Sinai Medical Center.

Since 2016, Dr. Hedayat has been the Clinical Director of Open Paths Counseling Center, where she provides trauma informed and culturally affirmative training to 40 MFT trainees/associates and collaborates with 5 clinical supervisors and two Clinical Program Managers, to oversee the training as well as all aspects of services rendered to a largely marginalized population of Angelinos.

Dr. Hedayat has provided training on the neurobiology of trauma to the Camino Nuevo Academy Charter Schools; as well as trauma informed approaches to working with children at Youth Orchestra LA. She has accompanied a team of pediatric surgeons from CHLA to Haiti as a volunteer four consecutive years from 2011-2015.

STRENGTH IN TINY STEPS

NICU SUPPORT GROUP

COMING IN JANUARY 2024



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