



# Multiracial Deep Refuge Group

*A monthly group for people who identify as multiracial*

*Second Saturdays from 7:00-9:00pm*

**At the East Bay Meditation Center**

**285 17<sup>th</sup> St, Oakland, CA 94612**

## Deep Refuge

A place to be supported

To see and be seen

To share and hear personal narratives

To sit in circle with other multiracial sangha

Members

To build compassion, commitment and purpose

To come to know and create your own personal narrative

To join in community



The Multiracial Deep refuge Group is a monthly Deep Refuge Group for and by people who identify as multiracial. Our meetings include periods of mindfulness meditation and sharing of narratives, experience and perspectives as we come together to be seen and to see one another. By sitting and exploring our unique stories, we will come to know and care for the common threads that inform our lived experience. Additionally, by recognizing and exploring our group process we bravely expand the narrative that informs multiracial experience today.

EBMC is supported by Dana. This means there is no cost for attending, but that generous giving, or 'Dana', is welcome in proportion to one's ability.

If it is your first meet, please email before attending.

and for any other questions and comments please contact :

[mrdrcoordinators@googlegroups.com](mailto:mrdrcoordinators@googlegroups.com)

East Bay Meditation Center is located

285 17th St, Oakland, CA 94612

For more information about EBMC go to

<http://www.eastbaymeditation.org/index.php?s=10>

