



## SOULFUL COMMUNITY GUIDE

Creating a soulful community and deep connections with like-minded people has been one of the greatest sources of meaning and joy in my life.

One of the greatest determinants of our long-term well being and experiencing a sense of meaning and satisfaction in our lives, is the quality of our relational connections.

According to research, relational connections even improve our health and longevity. We evolved to live in community, eating, sharing stories, and caring for one another in close proximity. Our nervous systems are regulated in part by our relationships and many of the neurotransmitters that make us feel a sense of peace and safety come directly from our relationships.

In a city of 9 million people, it can be hard to know the best places to look. After living in LA for most of my life, I learned the hard way where to look--and where not to.

That's why I wanted to share many of the places I've been able to find people who share my values of self-discovery, close connections, and helping others.

In addition to the places listed outside of our organization, My LA Therapy offers support and community groups as well! We're open to ideas about how to create a community of people who want to serve the world, support each other, and challenge each other to grow. We're also starting community service and volunteer groups to boot.

Whether you decide to join our community or explore the others, I hope you find these resources will lead you exactly where you need to go to find your people, your chosen family, your tribe.

*Brooke Sprowl*



## Soulful Communities and Activities



### Authentic Relating:



**ART International**

<https://authenticrelating.co/>

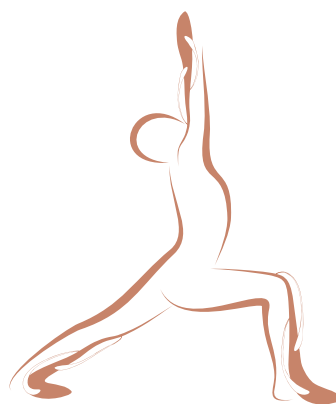
**Authentic Relating Los Angeles**

<https://www.authenticlosangeles.com/>

**Authentic Explorers**

<https://ms-my.facebook.com/groups/AuthX.LA/>

### My LA Therapy Groups:



**Therapeutic Yoga**

**Women's Empowerment Group**

**Nervous System Regulation and Grounding Group**

<https://mylatherapy.com/group-therapy/>

## Meditation Centers

slow down

manage anxiety

improve sleep



reduce stress

helps control pain

accessible anywhere

enhance self-awareness

### InsightLA

<https://insightla.org>

"InsightLA is a non-profit online meditation community providing high-quality mindfulness and compassion practices."

### Unplug

<https://www.unplug.com>

"Scientific studies have shown that meditation can literally change your brain in eight weeks with consistent practice, though we have seen our clients' lives change in as little as two weeks. Again and again we hear stories from clients whose blood pressure has dropped, chronic pain subsided, panic attacks vanished and happiness greatly amplified."

### Offerings:

Mindfulness Based Self-Compassion  
Buddhist Wisdom & Ancient Medicine

Mindful Aging

Coronavirus Support

Midweek Mindfulness

Chronic Pain

Mindfulness Transitions: for the Transgender  
Community

### Offerings:

Manifesting Abundance

Breathwork

Sound Healing

Meditation on Becoming

Quantum Light Breathwork

Happiness Meditation

Reiki Circle

## The Group List

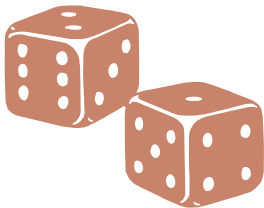
<http://thegrouplist.org>

The Group List is a concise list of a thousand therapy groups in Los Angeles county, edited by a licensed psychologist & certified group psychotherapist.

### Addiction Self-Help Organizations



Addiction Resource Guide  
Al-Anon Family Groups  
Alcoholics Anonymous  
Alcoholics Anonymous Los Angeles  
Cocaine Anonymous  
Co-Dependents of Sex Addicts  
Crystal Meth Anonymous  
Debtors Anonymous  
Emotions Anonymous  
Gamblers Anonymous  
Marijuana Anonymous  
Moderation Management  
Narcotics Anonymous  
Nicotine Anonymous  
Overeaters Anonymous  
Recovering Couples Anonymous  
S-Anon  
Self-Help Group Locator  
Sex Addicts Anonymous  
Sex and Love Addicts Anonymous  
Sexaholics Anonymous  
SMART Recovery  
Sober Recovery  
Women for Sobriety



## GENERAL MENTAL HEALTH RESOURCES AND INFORMATION

About: Mental Health Resources for Consumers and Professionals  
Internet Mental Health  
Mental Health Net  
Psych Central  
Psychology Today Diagnosis Directory  
Quick Reference Psychotropic Medication Center

## MENTAL HEALTH ORGANIZATIONS

AIDS Project Los Angeles  
Albert Ellis Institute  
American Red Cross  
Anxiety Disorders Association of America  
Attention Deficit Disorder Association  
Autism Speaks  
Brain and Behavior Research Foundation  
Children and Adults with Attention-Deficit/Hyperactivity Disorder  
David Burns Feeling Good  
Imago Relationships  
International Dyslexia Association  
International Obsessive-Compulsive Disorder Foundation  
Learning Disabilities Association of America  
Mental Health America  
National Alliance on Mental Illness  
National Alliance on Mental Illness Glendale Chapter  
National Association of Anorexia Nervosa and Associated Disorders  
National Center for Learning Disabilities  
National Institute on Alcohol Abuse and Alcoholism  
National Institute on Drug Abuse  
National Institute of Mental Health  
Selective Mutism Group  
Substance Abuse & Mental Health Services Administration



## DEEPEN:

<https://wedeepen.com>

"Deepen is fascinated by human interaction. We believe in the power of authentic relating and community. We believe in deepening.

Here you'll discover a growing selection of interactive experiences for people who want to prioritize relationships first.

Join us to study, practice and examine getting the type of deep, meaningful connections that you want."

## Offerings:

### Kirtan 4 Peace:

Bring your music and poems! Experience Kirtan. Participate in a meditation for farmers in India & around the world.

### Kash Codes - A Group Reading:

Experience an Akashic Reading! Ask personal & worldly questions. Get help directing your course of action!

### Relationship Role Models:

Explore the love life of celebrated couples! Hear how they met and learn what bonds them together. Ask questions. Study love!

### Nightcap Nidra:

Gift yourself with this relaxation hack and watch how it improves every aspect of your life!

### Omega Male:

A men's group...for women, too! This is a space where everyone is welcome to join in the exploration of challenges and beauty related to the male experience.

### Co-preneurs Gathering:

Deepen your professional relationships! Network, build support systems, receive coaching and find collaborators.

"The quality of your life is determined by the quality of your relationships."

## NEXT STEPS...

Our Thought Mastery Guide is just one of many research-proven tools we use to help you overcome your inner roadblocks, find greater peace, and support your self-transformation.

To dive deeper and take your transformation to the next level, book a free call with one of our warm, experienced therapists.

[BOOK A FREE CALL](#)

To book a free call, click the button above or learn more at:  
[mylatherapy.com](https://mylatherapy.com)

We are here to answer any questions and to empower you to discover new ways of being to create a more purposeful, peaceful, and soulful life.

*Brooke Sprowl*

