



Shellmire Unlimited  
Boundless Potential

## Shellmire Unlimited, P.C.

### GOALS AND OBJECTIVES

- Provide culturally specific counseling and therapy which addresses relevant areas of trauma and neglect of the person, family and community.
- Identify and treat moderate to serious mental health conditions of children, youth and adults.
- Provide culturally proficient behavioral health, and treatment services.
- Preserve and strengthen family system and empower participants to meet their basic and socio-economic needs.
- Provide license supervision and internship opportunities.

### EXPECTED OUTCOMES

- Develop self and community awareness.
- Eliminate substance abuse and other abusive behaviors.
- Develop optimal intellectual, emotional, physical, spiritual and socio-economic health.
- Improved levels of functioning in home, with peers, school, community and work environments.
- Development of independent and community living skills.
- Successful transitions through life's challenges and developing community.

**Portland, Oregon 97211**

**Phone: (503) 946-3484**

**Fax: (503) 331-2549**

**[www.ShellmireUnlimited.com](http://www.ShellmireUnlimited.com)**



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## Shellmire Unlimited, P.C.

Improving the mental health outcomes of the African American populations of Oregon and Washington St.  
At Shellmire Unlimited, P.C., we provide culturally specific counseling and therapy as key to growing and supporting healthy individuals, family and community.

We treat domestic violence, depression, anxiety, the harmful effects of racial discrimination and inequality, and other bio-psycho-social issues

### Access Your 'Boundless Potential'

**5257 NE MLK Jr. Blvd. Ste. 202E  
(Vanport)**

**3311 NE MLK Jr. Blvd. Ste. 104  
(Mid-K)**

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	<b>GROUP NAME</b>	<b>TIME</b>	<b>LOCATION</b>	<b>START DATE</b>
<b>MONDAY</b>	Women's Personal Development & Wellness	5:30pm-8:30pm	Vanport	June 5,2017 (12 week)
<b>MONDAY</b>	Men's Personal Development & Wellness	5:30pm-7:00pm	Vanport	April 3, 2017 (12 weeks)
<b>TUESDAY</b>	Auset Maat Ka Group for Women	6:00pm-8:00pm	Vanport	July 11, 2017 (12 weeks)
<b>TUESDAY &amp; FRIDAY</b>	Qi Gong and Tai Chi	7:00am- 8:00am	Mid-K	(ongoing)
<b>WEDNESDAY</b>	Ausar Heru Ka Group for Men	6:00pm-8:00pm	Vanport	July 18,2017 (12 weeks)
<b>WEDNESDAY</b>	Pyramids of Power(Kemetic Way of Life) (Co-ed)	6:00pm-8:00pm	Vanport	Feb. 8, 2017 (12 weeks)
	Men's Personal Development & Wellness	6:00pm-8:00pm	Mid-K	Jan 18, 2017 (12 weeks)
<b>THURSDAY</b>	Medu Neter Group (Co-ed)	6:00pm-8:00pm	Vanport	Feb 9,2017 (10 weeks)
<b>FRIDAY</b>	Couples Night Out, Relationship Building Classes	6:00pm-9:00pm	Horn of Africa Restaurant	Jun 3, 2017 (8 weeks)
<b>SATURDAY</b>	Every 3 months Financial Literacy & Wellness Class	8:30am-10:00am	Vanport	April 1,2017 (10 weeks)
	Every 4 <sup>th</sup> Saturday Men's Involvement	2:00pm-6:00pm	Vanport	(ongoing)
<b>SUNDAY</b>	Djhuti Joree Jackson El ParAnkh & Ta Nefer Ankh Community	10:00am-12:00pm	Mid-K	Ongoing