



Black Mental
Wellness

Black Mental Wellness, Corp.
P.O. Box 90063
Washington, DC 20090

SAVE THE DATE



BLACK MENTAL WELLNESS PRESENTS...

**HEAL +
LIBERATE**

**NOVEMBER 5, 2022
1:00PM EST**

ELEVATING THROUGH COMMUNITY SUPPORT AND KNOWLEDGE

VIRTUAL CONFERENCE


Black Mental

 <https://bit.ly/BlackMentalWellnessConference>

Welcome to the 3rd Annual Black Mental Wellness Virtual Conference, **Heal + Liberate: Elevating Through Community Support and Knowledge**. This conference will provide a range of learning opportunities that will help attendees heal and find joy through community.

Conference sessions will focus on a range of topics including imposter syndrome, entrepreneurship, relationships, and provide opportunities for healing. It is imperative that during these challenging times we prioritize our mental health and wellness and create opportunities to dialogue with the Black community about how we continue to find joy and nurture our mental health.

Conference Resource Guide

We recognize the importance of having access to specific tools to help you continue to prioritize your healing and wellness beyond the conference. This year we created a resource guide to include resources, coping strategies, books, and so much more from our amazing speakers and vendors. Our hope is that you find something that helps you along the way.

Conference Speakers

Pre-Conference Meditation

[Mary Mbaba, MPH, MA](#)

The Fire Next Time (Author: James Baldwin): Opening

[Dr. Rheeda Walker](#), Dr. Nicole Cammack, Dr. Danielle Busby, Dr. Dana Cunningham, and Dr. Jessica Henry

Between the World and Me (Author: Ta-Nehisi Coates): Healing Circle for Racial Stress and Trauma

[Jan Berger](#), MA and [Kimberly Cato](#), RP

The Souls of Black Folks (Author: W. E. B. Du Bois): Breaking Through Imposter Syndrome

[Justin Stewart, MA](#) and [Dr. Antija Allen](#)

Dreams (Author: Langston Hughes): Tapping Into Your Creativity for Healing

Rae Akino

To Be Young, Gifted, and Black (Author: Lorraine Hansberry): Supporting Black Students in Academia

[Dr. Zenobia Bryant](#), Moiya Toliver and Chandler Toppin

On My Journey Now (Author: Nikki Giovanni): Black Entrepreneurship

[Dr. Traci Williams](#)

all about love (Author: bell hooks): Black Love and Relationships

D'yon Harris, MSW

Roots (Author: Alex Haley): The Foundation of the Black Family

Nakisha S. Randolph, LMFT

Invisible Man (Author: Ralph Ellison): Healing Circle for Black Men

[Tariq Omari Walton](#), LCMFT and [John Hart](#), LCMFT

Becoming (Author: Michelle Obama): Healing Circle for Black Women-1

[Charlotte Louis](#)

Becoming (Author: Michelle Obama): Healing Circle for Black Women-2

[Dr. Bernasha Anderson](#)

Still I Rise (Author: Maya Angelou): Closing

[Linda Duvern ](#), [Jenna Pantin](#), [Seth Miller](#), Shak Taylor, and Dr. Dana Cunningham

The Fire Next Time (Author: James Baldwin): Opening

Books

The Unapologetic Guide to Black Mental Health: Navigate an Unequal System, Learn Tools for Emotional Wellness, and Get the Help You Deserve

Dr. Rheedra Walker

The Unapologetic Workbook for Black Mental Health: A Step-by-Step Guide to Build Psychological Fortitude and Reclaim Wellness

Dr. Rheedra Walker

On My Journey Now (Author: Nikki Giovanni): Black Entrepreneurship

National Association of Personal Financial Advisors

Work with a fee-only fiduciary:

<https://www.napfa.org>

Financial Therapy Association

Find a financial therapist:

<https://financialtherapyassociation.org>

Books

I Will Teach You to Be Rich

Ramit Sethi

Clever Girl Finance' by

Bola Sokunbi

Get Good with Money

Tiffany the Budgetnista Aliche

Mind Over Money: Overcoming the Money Disorders That Threaten Our Financial Health

Brad & Ted Klontz

Introduction to Personal Finance

John Grable & Lance Palmer

The Simple Path to Wealth
JL Collins

Quit Like a Millionaire
Kristy Shen & Bryce

all about love (Author: bell hooks): Black Love and Relationships

Love Light Shine LLC

Love Light Shine LLC's mission is to educate and empower individuals with enhancing their physical, mental and emotional well-being through self-awareness and self-care practices.

Website: <https://lovelightshinellc.com/>



To Be Young, Gifted, and Black (Author: Lorraine Hansberry): Supporting Black Students in Academia

Black Health is Wealth, LLC.

Mission: To create a space that provides Hope, Love, Light, and Peace for the within and Empowerment for facing the without!

Vision: Optimal wellness and true health equity for young Black and Brown women.

Knowledge is Power Community: <https://blackhealthblackwealth.org/knowledge-is-power-community-1> . "Knowledge is Power" Community which is a membership program for black and brown women of color in need of a safe space and community as they are learning how to navigate adulthood, higher education, or the corporate world.

Visit www.blackhealthblackwealth.org to learn more and sign up! If you know someone who could benefit from this community, please share this opportunity with them!

IG: @blackhealthblackwealth

Jed Foundation

<http://www.jedfoundation.org/students>

Geared towards providing emotional health and suicidal prevention information for college students, along with an online resource center, public dialogue forum, and more!

Teens Health

http://teenshealth.org/teen/your_mind/

Provides a safe space for teens who are looking for resources on mental health issues.

Young Women's Health

www.youngwomenshealth.org & www.youngmenshealthsite.org

Both websites provide numerous guides and helpful information on topics such as depression, bullying, emotional health, eating disorders, and more.

Mindfulness For Teens

<http://mindfulnessforteens.com/>

This website provides resources to help youth learn and use mindfulness techniques to handle stress, and has apps to practice meditation with guided recordings

Becoming (Author: Michelle Obama): Healing Circle for Black Women

Senter
ME



owner & founder
Charlotte C. Louis
Self-Love Coach



Self-Love for Black Women

Join our community for
access to self-love support
& guidance that includes:

- Private Coaching
- Classes
- Workshops
- Private Events
- Group Discussions
- & more!

EXPAND INTO
YOUR HIGHEST
SELF!

Visit www.SenterME.com today!

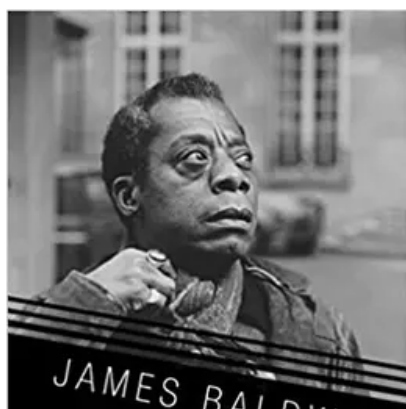


Conference-Inspired Reading List

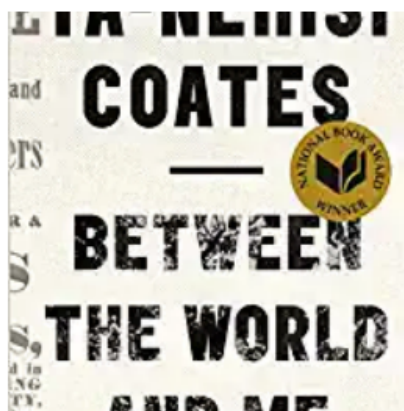
The sessions for Heal + Liberate. Elevating Through Community Support and Knowledge, was inspired by these authors, books, and poems.

How many of these classics have you already read? If you need to add some of these to your bookshelf, we have listed a few Black owned bookstores where you can shop online and/or in person.

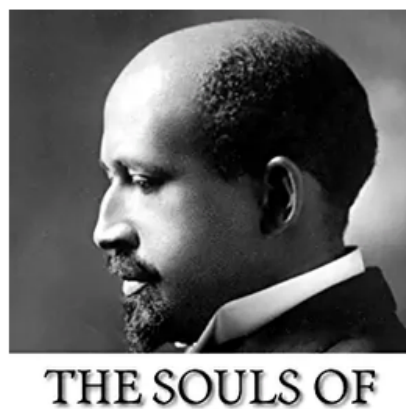
- [Mahogany Books](#), Washington, DC
- [Semicolon Bookstore & Gallery](#), Chicago, IL
- [The Lit. Bar](#), Bronx, NY
- [Uncle Bobbie's Coffee & Books](#), Philadelphia, PA



The Fire Next Time



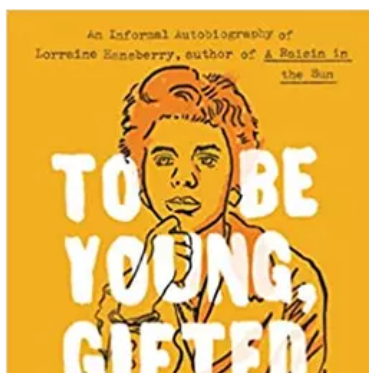
Between the World and Me



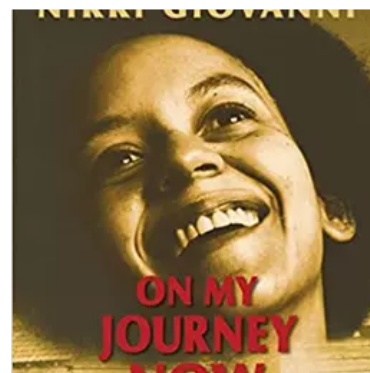
The Souls of Black Folk



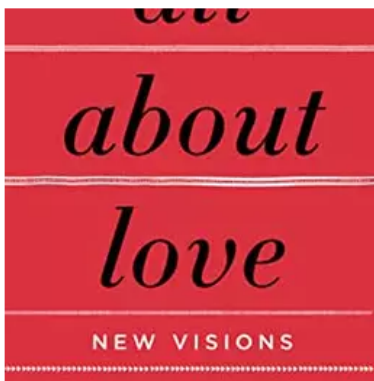
Dreams, Langston Hughes



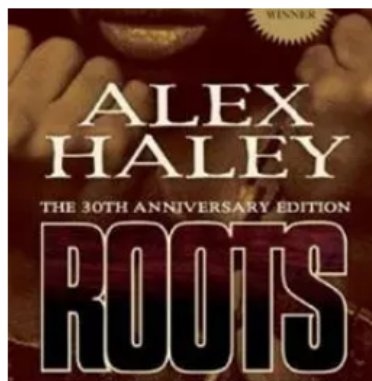
To Be Young, Gifted, and Black



On My Journey Now



All About Love- New Visions



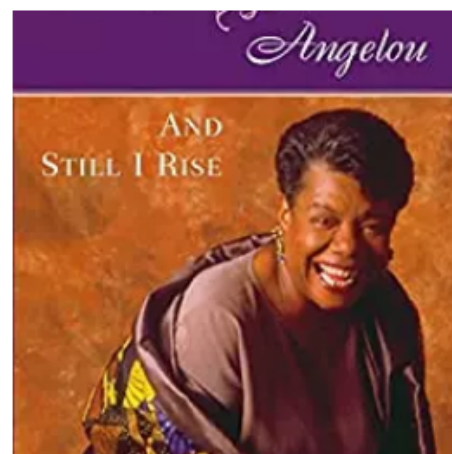
Roots



Invisible Man



Becoming



And Still I Rise

Black Parade Expo: Vendors

Perspectives LLC

Sarah L McMurtry

Website: <https://DrSarahMac.as.me/?appointmentType=37302272>

Brief Description: Perspectives is a psychology and wellness company dedicated to closing disparities for gold standard mental health care and wellness programming. The values of our company are to empower change agents and support the wellness leaders in our community through psychological services and wellness products. Wellness products include Visionary Self-Care E-guide, Heal the Healer Online Course Curriculum, From Surviving to Thriving Online Conference, and Thrive International Retreats.

Tabit Journals

Jacqueline Smith

Website: <https://tabitjournals.com/>

Brief Description: Tabit Journals publishes personal journals, Christian devotions, organizing planners, poetry collections, and other written content to facilitate an untangling of the mind. Get it out of your mind onto a Tabit Journal and get untangled. Our mission is to provide quality written content to inspire our customers to express their thoughts, ideas, and feelings from mind to paper.

Healing Conversations

Website: <https://www.healingconversations.space/>

Brief Description: Healing Conversations provides individual, family, and couple's therapy to Texas residents. Schedule a FREE 15-minute consultation to see if we are the right fit for you.

The Poyner Group LLC

Nefertiti Poyner

Website: <https://sheknowswhatshesdoing.com/>

Brief Description: We are a resting place for women.

InSession Candles

Curnesia Bogans, LMFT

Website: <https://theinsessioncandle.com/>

Brief Description: The purpose of InSession Candles is to support and celebrate the intangible work you do to become a better version of yourself. Whether that be through boundaries, self love or creativity, these luxurious premium candles are here to share moments with you.

Healing Through Vulnerability LLC

Andrea Burks

Website: <https://astounding-pioneer-8752.ck.page/68e4aaaaa2>

Brief Description: Purpose: To encourage women to be open about their mental illness in hopes of breaking the negative stigma of mental illness. To strive to be our authentic selves and share our emotions vs. keeping them bottled up in fear of what society will think.

Mission: To serve as a safe space for African American women with mental illness to release emotionally without judgment or ridicule. We offer self-care networks, resource centers, and peer support while building a healthy community of healing and motivation.

Impact: To embark on a path within the African American Community to ensure acceptance, empowerment, healing, and compassion together to battle the stigma of Mental Illness. To bring a voice to women who suffer in silence and provide a safe space to release their emotions. To provide comfort, healing, and strength to be transparent with their battle with Mental Illness.

Oasis Soul Scent Co.

Lola Pyne

<https://oasissoul.com/>

Brief Description: A beautiful scent, like a favorite song, has the power to transport us to a more tranquil place, stir up treasured memories, and set the scene for new ones.

That's the concept behind Oasis Soul Scent Co., a candle and scented goods company dedicated to creating soothing products inspired by soulful music.

Our offerings include an array of luxurious candles, body scrubs, body oils, sprays, and shower steamers, all carefully and lovingly crafted by hand using 100% natural, non-toxic, eco-friendly ingredients.

Prints By Shelly LLC

Rochele Haynes

<https://linktr.ee/PrintsByShelly>

Prints By Shelly LLC., is the passion project lead by Rochele Haynes, Community Leader, School Counselor, Therapist, Guest Lecturer, and Author. The creation of Prints By Shelly LLC. was birthed from Rochele's love for journaling, an effective coping strategy introduced to Rochele by her first grade teacher. Prints By Shelly LLC. has several user friendly social emotional learning tools for children of all ages including two guided journal books available for elementary students. In the same way we educate our school aged children in the core academic subjects, Rochele believes we need to educate children about the importance and power of self expression. By conducting workshops for clinicians, educators, and students Rochele will provide practical interventions useful in therapeutic, classroom and community settings. As an advocate for all children, she is eager to enrich their lives through social emotional learning experiences.

Link to one of my guides journals: https://www.amazon.com/Bee-Yourself-minute-Guided-Journal/dp/B09RMBJCDF/ref=mp_s_a_1_3?crid=1OXUWYVR1XHMO&keywords=bee+yourself+guided+journal+for+kids&qid=1644192253&srefix=bee+your%2Caps%2C65&sr=8-3

Helping The Black Family Heal™

Jewel Guy

<https://jewelguy.co/step/landing-page-2/>

Our company's mission is to provide transformative tools & teach skills that awaken, restore, and liberate the soul. It all started from Jewel's desire to learn how to best love and communicate with her husband in a way that he could receive it. What began as a personal journey to improve the early years of marriage, quickly turned into a mission to create safe space for Black people to be seen, heard, and understood without judgment.

The Women Breathe Again, Network, Inc.

<https://womenbreatheagain.com/>

Helping women write their story, personal branding, holistic and organic hair and skin care

RallyUP Magazine

Nikita "Niki" Powell-Cottman Founder & Editorial Director

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

Our ultimate aim is to promote mental wellness in households globally and equip families with content that cultivates hope. It is a movement to #rallyup2savelives

Bikram Yoga Works

Kendra Blackett-Dibinga

<https://bikramyogaworks.com/>

Bikram Yoga Works is an independent and black family-owned and operated yoga and wellness community-based in the D.C. and Maryland area. Our goal is to give you an exceptional experience from the moment you walk into our studios until you leave our doors.

During the month of November, the promo code: BYWHEAL will activate.

Roar Unleashed

Sosheina Whyte

<https://roarunleashed.com/>

Roar Unleashed is the mental health brand that actively works at unearthing the power that lies within each ancestrally African individual regardless of age or gender; thus leading to an unleashing of their discovered accepted personal power. Through the provision of products and services geared towards mental wellness, Roar Unleashed encourages individuals to fiercely protect their most valuable asset (The Mind) through: T.A.L.K

Talking to a Counsellor

Adjusting your mindset

Living on positivity

Knowing who you are and applying that knowledge

Next Step Health & Human Service Consulting

Tanya Brice

<https://next-step-health-human-service-consulting-llc.business.site/>

Next Step is a behavioral health consulting organization that assists with the accreditation and licensing of new or existing behavioral health programs. We provide consulting services for quality assurance/improvement, strategic planning and human resource management.

KraftyCreations LLC

Hand made and custom created orders can be placed at: kraftycreations@yahoo.com

Brief Description: I am the proud owner of a handcrafted small business, dealing primarily in crocheted baby and adult sized afghans. Also, part of my product line is fleece blankets finished with crocheted edging.

Mindshifther

Kiyona Brown

The MindshifTHER Group is a coaching and consulting firm that creates wellness solutions for African American women.

Kultured Kreations Mobile Braiding Services

Kerrianna Floyd

Website: <https://www.styleseat.com/m/v/kkmb>

Brief Description: Mobile braiding company servicing the Houston and Greater Houston area. We bring the styling seat to you while advocating for mental health and self care. Tap in to the luxury experience you didn't know you needed.

Sol Counseling & Consulting, LLC

Tyler Mabry

Website: <https://www.solcounselingandconsulting.com/>

Sol Counseling & Consulting is a group mental health practice that provides individual, couples and family counseling and wellness services to adults and children. We are a collective group of therapists and wellness providers with a variety of experience and backgrounds and we are passionate about working with clients to achieve their personal goals. Our mission is to provide a supportive space for clients to feel heard, understood and seen; and to offer therapeutic and wellness services and products that are relatable, affordable and accessible. Our vision is to help decrease the stigma of mental health, particularly in communities of color. We strive to be the counseling practice people seek for overall wellness services to individuals, families, businesses and communities.

RVL Wellness Co.

Brittney Horne

Website: <https://www.rvlwellnessco.com/>

Brief Description: At RVL Wellness Co, we create self-care inspired jigsaw puzzles designed to help Black women feel seen, de-stress and practice mindfulness. We make puzzles small enough to complete in just 20 minutes to fit the busy and often self-care deficient lifestyles of Black women, providing a quick win to help carry them through the rest of their day. Whether you have time for a mini wellness break or a full day for quiet time, we have a range of puzzles for you to bask in your peaceful moment. Renew your energy with our handmade puzzles available in 48, 120, or 300 pieces.

Mental Health Marty, LLC

Website: <https://www.youtube.com/c/MentalHealthMarty>

Brief Description: It is my desire to "stop the stinking thinking" as it pertains to the Mental Health and Wellness of Black Men in our Society. Too often Black Men "suffer in silence in the shadow of shame," based upon a number of toxic black male identity crisis that have been forced up us to become that which we are not sure in how to navigate - LIFE. Black Men are more than: (1) The

Angry Black Man; (2) The Entertaining (Arts and Sports) Black Man; (3) The Sexually Driven and Exotic Black Man; and finally; (4) The Black Male Buffoon who is walked over by everyone in society. Black Men are HUMAN. Black Men are EMOTIONAL. Black Men CARE.

Thriving in Grad School

Website: <https://www.intersectionalconnections.com/thriving-in-grad-school>

Brief Description: Thriving in Grad School is the only comprehensive online graduate prep course designed to help students make the most of their post-secondary experiences. 5 hours of content covers everything from what to do before classes start to networking, how to pay for grad school, and more. The course was developed especially for first generation and BIPOC students!

The Journal Queen LLC

Website: <https://thejournalqueen.com/>

Brief Description: A small black owned business that sells journals and planners to assist you through this journey called life.

Naturalli_Mi

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

Health and Wellness - Sea Moss and more

Polite Gardens

Ami Polite

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

Private garden maintenance business helping older gardeners and busy homeowners.



PROJECT HEAL OVERVIEW

2022 TALKING POINTS

WHAT IS PROJECT HEAL? Project HEAL is the **ONLY NATIONAL NON-PROFIT CREATING EQUITABLE ACCESS** to eating disorder treatment for those who the system is failing.

WHAT DOES PROJECT HEAL DO? It provides life-saving support through free treatment placements, free insurance navigation help, and cash assistance grants.

WHAT IS PROJECT HEAL'S MISSION STATEMENT? Project HEAL's mission is to break down systemic, healthcare, and financial barriers to eating disorder healing.

WHO DOES PROJECT HEAL BENEFIT? Project HEAL helps those most in need with the least access to eating disorder treatment and healing.

- Only 10% of people in the United States who have an eating disorder ever receive treatment - that's over 27 million people.
- Project HEAL assists the 90% of people who cannot access the care they need due to insurmountable financial and insurance barriers, in addition to pervasive systemic oppression and bias.
- To combat these barriers, Project HEAL has three Treatment Equity projects that are focused on BIPOC, LGBTQ+, and Marginalized communities.

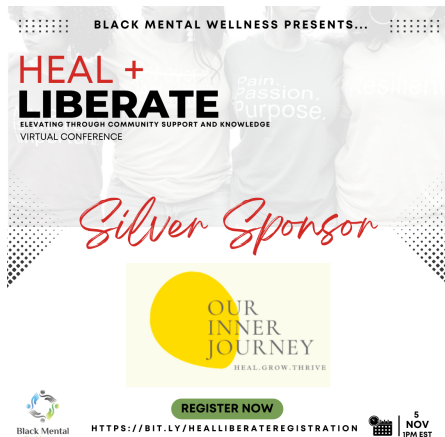
HOW DOES PROJECT HEAL SUPPORT MARGINALIZED COMMUNITIES? In January 2022, Project HEAL introduced **IDENTITY-ARMING SCHOLARSHIPS** in order to bridge the gap between Project HEAL's many marginalized beneficiaries and the scarce few eating disorder providers who themselves have marginalized identities. These scholarships are given from a supplemental fund to pay those providers for the untold benefits of identity-arming care.

HOW CAN YOU SUPPORT PROJECT HEAL? Project HEAL relies on the generous donations of individuals and corporations from around the world to help us break down systemic, healthcare, and financial barriers to eating disorder treatment for those that the American mental healthcare system is failing. All donations are tax deductible.

TO DONATE, PLEASE VISIT WWW.THEPROJECTHEAL.ORG/DONATE.

WWW.THEPROJECTHEAL.ORG | P.O. BOX 160185, BROOKLYN, NY 11216 |
CONTACT@THEPROJECTHEAL.ORG 1

Thank You to Our Conference Sponsors



Be sure to check out the Black Mental Wellness [Mental Health and Wellness webpage](#) for additional resources!

About Black Mental Wellness, Corp.: Black Mental Wellness, Corp., was founded by licensed clinical psychologists who are passionate about addressing mental health and wellness concerns in the Black community. Our mission is to provide access to evidenced-based information and resources about mental health and behavioral health topics from a Black perspective, to highlight and increase the diversity of mental health professionals, and to decrease the mental health stigma in the Black community.

Nicole L. Cammack, Ph.D.
President and CEO

Danielle R. Busby, Ph.D.
Vice President of Professional Relations and Liaison

Dana L. Cunningham, Ph.D.
Vice President of Community Outreach

Jessica S. Henry, Ph.D.
Vice President of Program Development and Evaluation

Email: info@BlackMentalWellness.com

Website: www.BlackMentalWellness.com

Save the Date!
The 4th Annual Black Mental Wellness Conference will be held on
November 4, 2023