



BLACK MENTAL WELLNESS
PRESENTS

7TH ANNUAL
**BLACK MENTAL
WELLNESS**
CONFERENCE

Healing
across
GENERATIONS

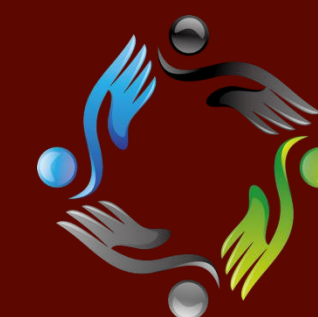
NOVEMBER 6
2026

SILVER SPRING CIVIC BUILDING

LEARN MORE AT
[BLACKMENTALWELLNESS.COM](https://blackmentalwellness.com)



7th Annual **BLACK MENTAL WELLNESS CONFERENCE**



Friday, November 6, 2026
Silver Spring Civic Building
1 Veterans Pl, Silver Spring, MD
9:00a-5:00p/EST

BLACK MENTAL WELLNESS, CORP.



Black Mental Wellness, Corp. was founded by Black licensed clinical psychologists who are passionate about addressing mental health and wellness concerns in the Black community.



Black Mental
Wellness



Dr. Dana Cunningham
VP, Community Outreach and Engagement

Dr. Jessica Henry
VP, Program Development and Evaluation

Dr. Nicole Cammack
President & CEO

Dr. Danielle Busby
VP, Professional Relations and Liaison

MISSION

- To provide information and resources about mental health and behavioral health topics from a Black perspective
- To highlight and increase the diversity of mental health professionals
- To increase training opportunities for students (undergraduate and graduate students) with interests in mental health/behavioral health
- To decrease the mental health stigma in the Black community



OUR SERVICES



RACIAL STRESS/TRAUMA

- Trainings and workshops
- Keynote speaking events
- Panel discussions



CORPORATIONS

- Corporate webinars
- Culturally inclusive trainings
- Retreat facilitation and content development



CONSULTATION

Mental health and personal development consultation



YOUTH SERVICES

- SEL trainings
- Curriculum development
- Consultation for educators, students, and youth-focused organizations

Our Impact

Black Mental Wellness, Corp.®, was founded by Black licensed clinical psychologists who are passionate about addressing mental health and wellness concerns in the Black community.

195K

Instagram followers

1,500+

Conference attendees since 2020

180

Students trained since 2019

Projects

Details

Outcome

National Training Program

Provide training and mentoring opportunities for students

- 160 Mentees
- 98 Mentors
- 17 Interns
- Monthly didactics
- MOU with an HBCU for internship program

Programs, Workshops, and Consultation Services

Collaborate with stakeholders who are committed to health and wellness in the Black community

- Signature programs: Vision Board Party, Black Mental Wellness Day
- Facilitated consultations and trainings for over 100 organizations

Published Authors

Healing Racial Stress Workbook for Black Teens.

Authentically Me: My Journey

- Publication Date: August 1, 2023 with New Harbinger Publications
- Featured book signings at APA, ABCT, and Conference on Advancing School Mental Health and book tour
- Publication Date: September 30, 2025

Black Mental Wellness Snapshots



Sample Workshops Facilitated by Black Mental Wellness

"They Might Think I am Crazy: Addressing Mental Health Stigma"

"Mental Health in the Black Community"

"Helping Youth Cope with Perceived Racism, Prejudice and Bias"

"Strategies for Discussing Race, Racial Discrimination, & Racial Trauma"

"I'm Exhausted. Racial Trauma and Mental Health."

"Exploring Cultural Awareness: The Initial Steps in Providing Culturally Responsive Care"

"What is all this Talk about Self-care Anyway?"

"Exploring the Systems and Policies that impact Health of Black Youth"

"Exploring Implicit Bias"

"This is such a needed and helpful space. Please continue these conferences."

APA Approved CE Sponsor

Black Mental Wellness, Corp. is approved by the American Psychological Association to sponsor continuing education for psychologists.

Free Community Programs

Provided over 50 mental health programs to the community for free.

Through our Ambassador Program we have established community partnerships and developed mental health and wellness programs and resources.

Previous Conference Sponsors

DC AARP, Wegmans, Eating Recovery Center/Pathlight Mood & Anxiety Center, American Psychiatric Association, Project Heal, GuRoo, Liberated Development, Our Inner Journey, and Anchor International

Collaborations

Aaron's, AbbVie, Aldea, Ask Me Who I am Conference, Danya, IBM, Jack and Jill of America, J. Crew, KIPP, Lansing School District, Mental Health America, NAMI, DC AARP, Maryland State, Mental Health Association of Maryland



BLACK MENTAL WELLNESS CONFERENCE

"It was professionally curated for diverse learning" -Conference Attendee

The COVID pandemic highlighted the pre-existing disparities related to mental health access, treatment, and outcomes.

To address this we launched the Black Mental Wellness[®] Conference in 2020. This conference is dedicated to uplifting the Black community and continues to emphasize the importance of naming our range of feelings, while remaining empowered to heal during these emotionally challenging times. This is a conference for anyone who is invested in Black mental health and wellness.



HEALING ACROSS GENERATIONS

The 2026 conference will highlight the strengths and distinct intergenerational perspectives that shape Black mental health, with the goal of broadening our understanding of wellness and healing in the Black community.

- Weekly pre-conference sessions (Mondays in October)
- Panels, roundtables, and breakout sessions to diversify how information is presented to audience
- 15-minute Q&A included at the end of each session
- Holistic and healing sessions
- Vendors
- Networking
- Continental breakfast and lunch included



Sponsorship

The Black Mental Wellness Conference offers an excellent opportunity to increase the visibility of your organization and products to our diverse community of experts and individuals.

The conference is a partnership between Black Mental Wellness Corp, and the Black Mental Wellness Foundation, a 501(c)(3) charitable organization. All donations made through the nonprofit are tax-deductible and will support efforts to improve mental health in the Black community.

We anticipate 150+ conference attendees, which will include mental health experts, community advocates, social influencers, educators, spiritual leaders, clinicians, allies, panelists, and a diverse community of individuals, couples, and families.

For more information about sponsorship
DrHenry@BlackMentalWellness.Com

SPONSORSHIP OPPORTUNITIES

Platinum \$10,000	Gold \$5,000	Silver \$2,500	Community \$100-\$500
-Brand Logo listed on Black Mental Wellness Website and the Conference Registration Page -Live mentions by host during a Conference Session -Recognition on conference promotional materials -Recognition on social media platforms (IG and FB) -Name/Logo on website (www.BlackMentalWellness.com) -2 conference registrations -Recognition on social media platforms (IG and FB) -Name/Logo on website (www.BlackMentalWellness.com) -4 VIP tickets to the conference	-Brand Logo listed on the Conference Registration Page -Recognition on conference promotional materials -Recognition on social media platforms (IG and FB) -Name/Logo on website (www.BlackMentalWellness.com) -1 conference registration	-Recognition on conference promotional materials -Recognition on social media platforms (IG and FB) -1 conference registration	-Recognition on conference promotional materials

ADDITIONAL CUSTOMIZABLE SPONSORSHIP OPTIONS

Breakfast (\$500)

- Breakfast for conference attendees, speakers, volunteers, and vendors

Lunch (\$2,500)

- Lunch for conference attendees, speakers, volunteers, and vendors

Student Scholarship (\$200)

- Financial support for student attendees

Community Scholarship (\$200)

- Financial support for attendees who work at non-profit and community-based agencies

Welcome Event (\$2,500)

- A pre-conference networking event for speakers and volunteers

For more information about sponsorship, DrHenry@BlackMentalWellness.Com

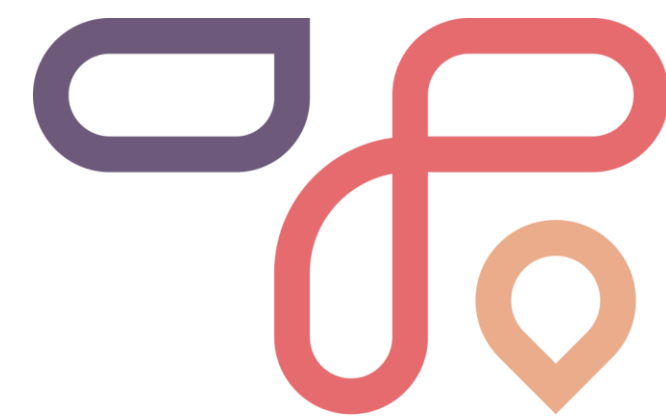
CURRENT AND PREVIOUS SPONSORS



Eating
Recovery
Center



Pathlight.
Mood &
Anxiety
Center



Takoma
Therapy



SessionGlance

“It was very healing just to be in a space with predominantly Black women. Also, it's liberating to know that we are out here doing phenomenal work as we often are not showcased in our world via news/social media in a positive manner. It also just gives me hope to keep on doing this collective work as I have a national community of support and guidance. I am so rejoiced and look forward to future conferences!”

2023 Conference Attendee

"The Black Mental Wellness Conference is a must attend event for all levels of the mental health spectrum. You will leave with knowledge and learning you can apply to your craft immediately. I came back with valuable insights and fully charged with positive emotions. The conference is filled full of the latest learning and practices from true, world-class experts. The Black Mental Wellness Conference is a terrific investment of time that pays dividends and provides real-world results. If you are focused on the field of mental health don't even think about it – just go."

Brandon M. Frame (Founder of The Black Man Can)



<https://www.blackmentalwellness.com/2026blackmentalwellnessconference>

Contact Us:
info@BlackMentalWellness.com