

VOL. 1, NO. 6

SAVE THE DATE

OCTOBER 24, 2025



BLACK MENTAL WELLNESS CONFERENCE

RECLAIMING OUR POWER AND PROTECTING OUR PEACE



Honoring our ancestors, the past, our present moment, and healing forward.

This is more than a conference—it's a call to action. A space where history, culture, and healing intersect. A celebration of Black excellence, mental wellness, and community strength. We carry the wisdom of those before us, stand firm in today's fight for peace, and move boldly toward a future of radical healing and liberation.

Mark your calendar. This is the moment.

LEARN MORE AT WWW.BLACKMENTALWELLNESS.COM

6th Annual BLACK MENTAL WELLNESS CONFERENCE



Friday, October 24, 2025
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.

180K

Instagram followers

1,000+

Conference attendees since 2020

131

Students trained since 2019

Projects

Details

Outcome

National Training Program

Provide training and mentoring opportunities for students

- 118 Mentees
- 70 Mentors
- 13 Interns
- Monthly didactics
- MOU with local HBCU for internship site

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. Skills to Help You Manage Emotions, Resist Racism & Feel Empowered

- Publication Date: August 1, 2023 with New Harbinger Publications
- Featured book signings at APA, ABCT, and Conference on Advancing School Mental Health
- Winter 2024 Book Tour



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”

“Adults Just Don’t Understand”

“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 20 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, Eating Recovery Center/Pathlight Mood & Anxiety Center, 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.



"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**

RECLAIMING OUR POWER AND PROTECTING OUR PEACE

The 2025 conference will center healing within the Black community by honoring our past, recognizing where we are in the present, and envisioning a future of mental health that prioritizes our wellness and protects our peace.

- 8 conference sessions
- 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 interlude breaks
- 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.

Since 2020, we have hosted over 1,000 conference attendees and diverse stakeholders.

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

- 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)

Gold

\$5,000

- 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

Silver

\$2,500

- Recognition on conference promotional materials
- Recognition on social media platforms (IG and FB)
- 1 conference registration

Community

\$100-\$500

- Recognition on conference promotional materials

ADDITIONAL SPONSORSHIP OPPORTUNITIES

Community sponsorship entails your organization providing at least one of the following:

- Two posts on social media (Instagram, Facebook, Twitter or LinkedIn)
- Inclusion in your email newsletter
- Posts to your website about the conference

Additional Sponsor Opportunities

- Provide student scholarship to attend conference
- Speaker honorariums
- In-kind donations
- Product donations

For more information about sponsorship, DrHenry@BlackMentalWellness.Com

CONFERENCE ADS

Conference ads provide an excellent opportunity to increase the visibility of your organization, products, and/or services that promote mental health and wellness or to share an encouraging and supportive message to attendees.

Full Page Ad:	\$100
1/2 Page Ad:	\$50
1/4 Page Ad:	\$25

<https://bit.ly/ReclaimingPowerAd>



Vendor Expo

We invite Black-owned businesses to serve as a vendor during our conference.

This is an excellent way for your company to receive exposure, expand your network and advertise to our esteemed community.

Vendor Prices

Atrium placement: \$250

Premium Placement (Inside Conference Ballroom): \$500

For more information about vendors
DrBusby@BlackMentalWellness.Com

“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



www.BlackMentalWellness.com/blackmentalwellnessconference

Contact Us:
info@BlackMentalWellness.com