



Black Women GROW: Getting Real on Well-Being

Register TODAY

Event Date:

Wednesday, February 9, 2022, 5:30 - 7:00 pm ET



Black women's wellness matters. This workshop will focus on the challenging realities that young Black women face today and how we can find ways to center ourselves and remain resilient as we fight against injustice. We will engage in a number of personal reflective exercises and group dialogues to highlight why and how Black women should focus on their mental health and wellness to help them navigate current events. We are excited about this conversation in such a time as this!

Register Now!