



Sista Afya presents

BLACK

Mental Wellness Weekend

BUILD. INSPIRE. EXPRESS.

November 9th- November 12th

CHICAGO | ILLINOIS

WEEKEND PROGRAM

View program online at: www.sistaafya.com/events

THE OCCASION

Black Mental Wellness Weekend is a grassroots community event focused on improving mental health and wellness within Chicago's Black community. Mental Wellness can be seen by some as cold, distant, and out of reach for our community. Black Mental Wellness Weekend seeks to bring mental wellness to our neighborhoods on the South and West sides of Chicago through community building, inspiration, and artistic expression. We have gathered some of the brightest minds in Black mental health and wellness in the Chicago to provide our community with a multitude of ways to connect and heal. We hope that this weekend is one where you will have fun, learn, meet new friends, and most importantly strengthen your mental well-being.

Be well,

Sista Afya LLC
Dr. Obari Cartman
Chicago Association of Black Psychologists
Chicago Association of Black Social Workers

Special Thanks to our Event Space Sponsors:

B'Gab's Goodies
Build Coffee
Harper Theater
Let Us Breathe Collective
School of the Art Institute (SAIC) - Nichols
Tower
Project H.O.O.D.
Rick Goldsmith

Special Thanks to our Donors:

Diana Kao
Cassandra Keys
Chinella Jones
Amaryllis Wellness Services
Sesvalah Cobb-Dishman
Healing Empowering Learning Professionals LLC
Shalitha Brown
Zachary Heth

THURSDAY

November 9th

West Side

You Good Bro?: A Public Dialogue about Black Male Mental Health * Featured Event

Time: 6:00 PM - 8:00 PM | **Adults** | Inspire

Location: Hope Cafe | 2431 W. Roosevelt Road, Chicago, IL 60608

Facilitator: Clarence Hogan, Sonny Speaks

You Good Bro? is the first in a series of public dialogues that promote community. This initial installment focuses on Black Male Mental Health. The conversation will be lead by a panel of industry professionals and moderated by your truly and a sufficient amount of time for questions from the audience.

Black Lives Matter, Communal Healing Care Session Features

Mental Health 101: Caring for the Mind, Body, & Soul

Facilitator: Chante Gamby, Fringe Counseling, Coaching, & Consulting

Time: 6:00 PM - 6:50 PM | **Adults** | Build

Location: Nichols Tower, SAIC, 12th Floor 906 S. Homan Ave. Chicago, IL 60624

Curious about mental health? This event will explore some of the basic components of mental health and its intersection with our body and spirit through reflection and education.

FRIDAY

November 10th

South side

Movie Screening & Discussion *Featured Event

MIND/GAME: The Unquiet Journey of Chamique Holdslaw

Facilitator: Camesha Jones, Sista Afya LLC

Time: 6:30 PM - 8:00 PM | **Adults & Adolescents** | Inspire

Location: Harper Theater

5238 S Harper Ave, Chicago, IL 60615

Mind/Game intimately chronicles WNBA superstar Chamique Holdslaw's athletic accomplishments and personal setbacks and her decision, despite public stigma, to become an outspoken mental health advocate.

Mixer & Games * Featured Event

Meet your Therapist Community Mixer

Facilitator: Camesha Jones, Sista Afya LLC

Time: 8:00 PM - 10:00 PM | **Adults** | Build

Location: B'Gabs Goodies

1450 East 57th St., Chicago, IL 60637

Are you looking for a therapist and want to get to know them more before making a commitment?

Come out to enjoy games, music, and refreshments while meeting amazing people in the mental health field who can support your healing!

SATURDAY

November 11th

West Side

"I'm Every Woman"

Facilitator: Lakiesha Russell, The Evolving Chair

Time: 11:00 AM - 11:50 AM | **Women Only** | Express

Location: Nichols Tower, SAIC, 12th Floor 906 S. Homan Ave. Chicago, IL 60624

This workshop is a space for women to share their life story while, adding coping strategies to their toolbox to handle life's daily challenges and make time to care for themselves.

Empowerment Actualized: Community mobilization for Health & Wellness

Facilitator: Alescia Hollowell, PrEP CONNECT

Time: 12:00 PM - 12:50 PM | **Queer/LGBTQ** | Inspire

Location: Nichols Tower, SAIC, 12th Floor 906 S. Homan Ave. Chicago, IL 60624

You will be guided through an interactive community empowerment training teaching skills useful for building sense of community and safe spaces for health and wellness. We will also provide health screenings and teach stress reduction exercises for promoting mental health in community settings.

Simple Herbal Remedies & Meditation for Stress

Facilitator: Tiffany Renee Hatcher, Mahogany Point Health

Time: 1:00 PM - 1:50 PM | **Women Only** | Inspire

Location: Nichols Tower, SAIC, 12th Floor 906 S. Homan Ave. Chicago, IL 60624

Come out to learn how to incorporate simple herbs (native & Asian) into teas, soups, and stews for stress relief & women's health. This approach widens the mind into a positive relationship with food & natural medicine.

Bridging Life to Seniors

Facilitator: Yvonne Boone, Bringing Life To Seniors @ Home Senior Care

Time: 2:00 PM - 2:50 PM | **Adults** | Build

Location: Nichols Tower, SAIC, 12th Floor 906 S. Homan Ave. Chicago, IL 60624

Learn ways to provide non-medical senior caregiving services for seniors who are mentally ill, diabetic, Alzheimer's disease & more.

At Home Within: A Body Honoring and Heart Nourishing Practice

Facilitator: Misha Williams, BGirl Yoga Mindfulness and Meditation

Time: 3:00 PM - 3:50 PM | **Women Only** | Express

Location: Nichols Tower, SAIC, 12th Floor 906 S. Homan Ave. Chicago, IL 60624

Yoga and meditation that focuses on honoring and centering your body and heart in your daily life.

Who are we really?

Facilitator: Randolph Norris, Life Builders United

Time: 4:00 PM - 4:50 PM | **Adults** | Inspire

Location: Nichols Tower, SAIC, 12th Floor 906 S. Homan Ave. Chicago, IL 60624

Increase your practice of self-awareness of who you really are for optimum mental health.

As Above, So Below: Cozmophyzix 101

Facilitator: Akhu Ausar, All One Of Us Foundation

Time: 5:00 PM - 5:50 PM | **Adults** | Inspire

Location: Nichols Tower, SAIC, 12th Floor 906 S. Homan Ave. Chicago, IL 60624

In this workshop, you will study zodiac signs and ways to use nature to enhance understanding and daily practices with your body.

SATURDAY

November 11th

South Side

The Silent Struggle: Living with a Parent Who Suffers from Mental Illness

Facilitator: Chanell Hill, Saving Our Girls

Time: 11:00 AM - 11:50 AM | **Adults** | Inspire

Location: Project H.O.O.D., 6330 S. Martin Luther King Drive, Chicago, IL 60637

Growing up in any family can be challenging at times, but there are often special problems and challenges for families in which one or both parents have a mental illness. Learn tips and get support with how to care for a family member who has a mental illness.

Black Women: Vanguard to the Mental Wellness Revolution - Panel Discussion *Featured Event

Facilitator: Dr. Rabiatsu Barrie

Time: 1:00 PM - 3:00 PM | **Adults/Women** | Inspire & Build

Location: Carruthers Center for Inner City Studies, 700 E. Oakwood Blvd, Chicago, IL 60653

This panel discussion will focus on Black Women serving as leaders for supporting and advocating for mental wellness in the Black community. This panel will feature some of the top voices in Black women's mental wellness in Chicago.

Healing For Her: Forgiveness

Facilitator: Danielle Barton, Healing For Her

Time: 1:00 PM - 1:50 PM | **Women Only** | Inspire

Location: Project H.O.O.D., 6330 S. Martin Luther King Drive, Chicago, IL 60637

Women have the power to breathe life to a healed world, and it begins with our own personal journey of healing and wellness. Forgiveness is how we heal. In this workshop, we will explore mind-body techniques for practicing forgiveness and releasing.

Feeding Freedom

Facilitator: Zarakayah Ahmadiel, The Peace Diet Program

Time: 3:00 PM - 3:50 PM | **Adults** | Build

Location: Project H.O.O.D., 6330 S. Martin Luther King Drive, Chicago, IL 60637

Learn how to strengthen your mind and social emotional wellness through nutrition.

Art Therapy with Activist In You

Facilitator: Breia Harris, Activist in You

Time: 2:00 PM - 2:50 PM | **Adolescents** | Inspire

Location: Project H.O.O.D., 6330 S. Martin Luther King Drive, Chicago, IL 60637

Come relax & distress with painting, led by artist Leah Laqueens which focused on how art can to assist with mental health.

Using Hip-Hop to Discuss Mental Health and Manhood

Facilitator: Dr. Obari Cartman, Chicago Association of Black Psychologists

Time: 5:00 PM - 5:50 PM | **Men/Adults** | Express

Location: Project H.O.O.D., 6330 S. Martin Luther King Drive, Chicago, IL 60637

We will listen to music, watch videos and discuss themes in the hip-hop that contribute productively and destructively to conversations about mental health.

Express Yourself - Open Mic * Featured Event

MC: Jalen Hamilton

Time: 7:00 PM - 10:00 PM | **Adults/Adolescents** | Express

Location: The Breathing Room, 1434 W. 51st Street, Chicago, IL 60609

Artistic expression is one of the ways our community has healed and resisted. Join us for a night of artistic expression through spoken word, poetry, and music. If you'd like to perform at the open mic get there early!

SUNDAY

November 12th

South Side

Teach Young Black Men to Value Women

Facilitator: Dr. Obari Cartman, Real Men Charities, Inc.

Time: 12:00 PM - 12:50 PM | **Adults/Men** | Inspire

Location: Build Coffee, 6100 S Blackstone Ave., Chicago, IL 60637

The best response to #metoo is prevention. The proactive approach to dismantling toxic masculinity that harms women is to teach young men how to reconceptualize the problematic ways men are socialized to related to women.

A Seat at the Table, Queer Wellness on the Southside

Facilitator: Sequoya Hayes, Affirmed Path

Time: 1:00 PM - 1:50 PM | **Queer/LGBTQ** | Build

Location: Build Coffee, 6100 S Blackstone Ave., Chicago, IL 60637

This session will frame a conversation to explore queer wellness on the southside. This session is aimed to bring together community members to connect, grow, and create space for sharing and building a healing, recovery and wellness community on the southside for Queer residents.

Fighting for our Girls: Trauma and Our Black Girls

Facilitator: Chanell Hill, Saving Our Girls

Time: 2:00 PM - 2:50 PM

| **Adolescents/Women/Adults** | Build

Location: Build Coffee, 6100 S Blackstone Ave., Chicago, IL 60637

This workshop will address the daily trauma our girls face and how to help them with transitioning into womanhood. Workshop is open to adolescent girls and adults.

Reiki & Mental Health

Facilitator: Courtney Cobbs, Violet Heart Wellness

Time: 3:00 PM - 3:50 PM | **Adults** | Inspire

Location: Build Coffee, 6100 S Blackstone Ave., Chicago, IL 60637

Learn how Reiki (energy work) can improve mental health and assist with working through trauma.

Coloring for Mental Wellness

Facilitator: Camesha Jones, Sista Afya LLC

Time: 4:00 PM - 4:50 PM | **Adolescents** | Express

Location: Build Coffee, 6100 S Blackstone Ave., Chicago, IL 60637

Get out your crayons and join us for Coloring for Mental Wellness! This workshop is for adolescents to color positive images of Black people with affirmations about mental wellness. After coloring there will be have a small discussion about the images from Sista Afya's Mental Wellness Warrior Coloring Book.

Tai Chi Soul Breathing

Facilitator: Jimmy Chan, ChanClan's Ten Gates To Heaven

Time: 5:00 PM - 5:50 PM | **Adults** | Build

Location: Build Coffee, 6100 S Blackstone Ave., Chicago, IL 60637

Connect the mind, body and spirit through the sacred art of Tai Chi. Learn how to clear and strengthen the mind while strengthening the body through this sacred walking meditation.

Closing Ceremony

Time: 5:55 PM - 6:20 PM | **All** | Build

Location: Build Coffee, 6100 S Blackstone Ave., Chicago, IL 60637

Join us for our official close out of Chicago's 1st Black Mental Wellness Weekend.