BLACK MENTAL WELLNESS WEEKEND

Healing the Healers
Virtual Retreat & Conference
November 13 - 14, 2021
Weekend Program

The Occasion

Black Mental Wellness Weekend is a grassroots community event focused on improving mental health and wellness within Chicago's Black community. This year we are focusing on Healing the Healers. This year's virtual retreat & conference will focus on supporting the mental wellness of over 100 Black mental health and wellness practitioners in their work of healing our larger community. We have gathered some of the brightest minds in Black mental health and wellness to provide our Healer's community with a multitude of ways to connect and heal. We hope that this weekend is one where you will have fun, learn, relax , and most importantly strengthen your mental well-being.

Be well,

Sista Afya Community Mental Wellness & Chicago Black Therapists

Sista Afya
COMMUNITY
MENTAL WELLNESS

Chicago Black Therapists

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INNER WORKOUT

Opening Speaker

Making Space to be Held and Healed

DuShaun Branch Pollard

Saturday, November 13th | 10:30 AM

DuShaun Branch Pollard has been practicing yoga for almost 15 years and fell in love with yoga because it allowed her to find peace of mind while moving her body.

As a yoga student, DuShaun noticed that in the majority of her classes she was the only black and plus sized person in the room. This inspired her to become a practitioner to bring yoga to more people who looked like her. "DuShaun is a Registered Yoga Teacher (RYT-200) through the Yoga Alliance and was certified through Bloom Yoga Studio in June of 2020.

In addition, she received her 95-hour Children's Yoga Certification from Mission Propelle in the summer of 2018 and was trained for Prenatal and Postnatal yoga with Amala School of Yoga. DuShaun is passionate about creating space for rest, for calm and helping people find tools that work for them to relieve and reduce stress.

.DuShaun previously worked in higher education, is a trained restorative justice circle keeper and is currently a community organizer in North Lawndale, a community on the west side of Chicago.

BLACK MENTAL WELLNESS WEEKEND

Virtual Sessions
Restorative Holistic Wellness
Saturday
11 AM - 6 PM

Energy Clearing + Detox Flow | Time: 11:00 AM - 11:50 AM, CT
Facilitator: Sarah Ford, Woke Chicago

Sarah Ford will guide this 50-minute session; ending with a negative energy clearing exercise + affirmation. As healers, we have the opportunity to restore ourselves physically and energetically; discovering a deeper alignment to our life's work. The energy of intention supports us in letting go of things obscuring health, vitality, wisdom & grace in our lives.On a physical level, our time together will focus on eliminating toxicity within the body through a series of twists to detoxify and cleanse along with restorative postures to center and connect as this new season unfolds.

Healing Your Inner Therapist | Time: 12:00 PM - 12:50 PM, CT
Facilitator: Maia Easley, LMFT | Grace Couple and Family Therapy

This healing circle will focus on black therapists/healers having a space to process trauma, heal from systemic racism, and process their hope for change. This will be a safe space to express the needs that your inner therapist/healer requires through creating a vision board of change.

Movement for Stress Support | Time: 1:00 PM - 1:50 PM, CT
Facilitator: Kaitlyn Andrews

When we are overwhelmed, sometimes the best thing we can do is to use movement to orient ourselves back to the present moment. In this hour we'll learn some simple exercises and movement sequences you can use to support your mental health. We'll also discuss physical ways to increase our capacity to handle stress. This session is strongly recommended for those who like the idea of meditation, but have a hard time quieting their mind.

BLACK MENTAL WELLNESS WEEKEND

Virtual Sessions
Restorative Holistic Wellness
Saturday
11 AM - 6 PM

Free the Breath, Free the Mind | Time: 2:00 PM - 2:50 PM, CT
Facilitator: Anbiya Smith

Free the Breath, Free the Mind is an interactive workshop introducing breath, sound, and meditation as free and natural tools for mental and nervous system health. We will start with a few minutes of self massage to open up the lungs/respiratory tract. Next we will lead grounding breath work doing practices like breath of Shu, breath of fire and alternative nostril breathing. After breath work, we'll flow into energy work that will restore the life force of the participants. We will end with a guided meditation affirming presence and wellness with sound healing in the background leaving participants with a sense of calm and a toolbox of practices to carry into everyday. life.

Sound Bath Healing Session | Time: 4:00 PM - 4:50 PM, CT
Facilitator: Frankie Johnson, Zen Vegan Life

In this session, ZenFrankie will be leading a sound healing class with Tibetan sound healing bowls. ZenFrankie will use the Tibetan bowls to ground and soothe you during this healing experience.

Trauma Sensitive Yoga | Time: 5: 00 PM - 5:50 PM, CT
Facilitator: Cicely Green , LPC, RYT | Founder & CEO , Chicago Black Therapists

Cicely Green, a registered yoga teacher, licensed professional counselor, and certified in trauma sensitive yoga, will lead a yoga class where self affirming mantras, and trauma informed meditations will be used while holding gentle yin yoga poses. This yoga session is made for those who wish to process their life and healer experiences at their own pace. You will leave with affirmations to take with you on your life journey and a gateway to access your mind body connection.

BLACK MENTAL WELLNESS WEEKEND

Virtual Sessions
Supportive Community Learning
Saturday
11 AM - 6 PM

Dear Momma Therapist | Time: 11:00 AM - 11:50 AM, CT
Facilitator: Stephanie Young, LCSW, Brown Hue Mommy Tribe

Join fellow therapist, Stephanie T. Young as she deep dives into being a therapist and a mom. Both roles require us to give a 100% of ourselves, which can be a challenging task. You may wonder how to balance it all, but it's not about the art of balancing, but the art of juggling. Stephanie will provide unique insight into parenting while caring for people as a Therapist.

Responding to Racial Trauma | Time: 12:00 PM - 12:50 PM, CT
Facilitator: Worsham El, LCSW , Lotus Trauma Care

Black Therapists are responding to their individual racial trauma and the racial trauma of their clients which can be a challenge to navigate. This interactive workshop will provide participants with information on historical trauma and how to navigate and respond to the associated triggers and challenges as a Therapist.

Reset & Realign | Time: 1:00 PM - 1:50 PM, CT
Facilitator: Shaniqua Ford, LCSW, Soul Werk Cafe

Self-care is community care. This workshop will offer practical tools to reset from burn out. Participants will identify areas where respite care is needed, learn how to offer themselves permission to rest, and how to utilize community support to realign and truly honor soul care practices.

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11 AM - 6 PM

Get In The Business of Sustainable Healing | Time: 2:00 PM - 2:50 PM, CT
Facilitator: Sydney James, LCSW, Sydney James Solutions

Starting your entrepreneurship journey in service of others can be both rewarding and overwhelming. You have the skills to offer valuable mental health and wellness services but the business side of entrepreneurship feels tricky. Learn how to build a sustainable healing business by serving your passion population, decreasing burnout and increasing profit.

Mental Health of an Entrepreneur | Time: 4:00 PM - 4:50 PM, CT
Facilitator: Latania Franklin, LCSW, The Self Inside

When opening a business, no one ever discusses the impact it could have on your mental health. In this 50 minute session, participants will learn the mental aspects of starting a business and get tips on what they can do along the way to stay mentally healthy. Be prepared to take notes, get vulnerable and connect with others just like you!

Aligning your Inner Self | Time: 5: 00 PM - 5:50 PM, CT
Facilitator: Christina Fontenelle, MAAT, CCTP, RYT | Fontenelle Art

The role of a Therapist/Healer has now become multifaceted, as clients are struggling to adjust to the impact of COVID-19, our current social injustice climate, and rising mental health concerns. We want to help! By using Art & Movement Therapy based approaches, you will learn key skills to recognize and decrease stress and trauma while increasing self-awareness and having fun!

BLACK MENTAL WELLNESS WEEKEND

Black Healers Brunch
Sunday
11 AM - 2 PM

Join us for the Black Healers Brunch on Sunday, November 14th at Chicago Minds! This is a great opportunity to connect with other Black Healers in person with delicious food. The brunch is BYOB and you are encouraged to bring your own alcohol or beverage as well as your mask. You will also receive a swag bag with gifts from our Brand Sponsors.

Cost: $40 | *Chicago Black Therapists Members receive 15% off the ticket price!*

* Event address will be emailed upon registration.
*Proof of vaccination or negative COVID test is required

Purchase your ticket at: www.chicagoblacktherapists.com/events

ChicagoMinds
HEALING WITH COMMUNITY

Frequently Asked Questions

Is Black Mental Wellness Weekend (BMWW) a free event?
Yes. Black Mental Wellness Weekend is free virtual event thanks to the support of our Sponsors. We have one event that has a fee and that is our Healer's Brunch on Sat. Nov. 14th at Chicago Minds. You can sign up for the healers brunch and the virtual events at: www.chicagoblacktherapists.com/events

I'm not Black. Can I attend Black Mental Wellness Weekend?
Black Mental Wellness Weekend is a safe space for Black people to connect, heal, and be in community. We ask that you respect this Black only space for this weekend's events. Ways that non-black people can support is by making a donation or sharing BMWW with their networks.

What is your definition of a Black Healer?

A Black Healer is anyone who supports the mental well-being of Black people. This covers anyone who is a mental health professional, wellness practitioner, coaches, those who are in school learning to be healers, and people who are in roles that are integral to healing like teachers and community leaders.

Can I attend BMWW if I am not a Healer?

This year's BMWW sessions are geared towards people who are healers in the mental health and wellness field. This weekend is dedicated to support their healing and to pour back into healers who give so much. We ask that if you are not a Black Healer to not attend this event to honor this special space we've created for Black Healer's this weekend.

When will I get access to the virtual events?

We will send an email out at least 1 week before BMWW with all information about how to access the virtual session rooms. Please be on the lookout for an email from us. If you have any challenges, please send us an email at: info@sistaafya.com or hello@chicagoblacktherapists.com

Frequently Asked Questions

Can I leave and come back to Black Mental Wellness Weekend?
Yes! This is a virtual event. You can choose whichever sessions you would like to attend. However, after the first 10 minutes of each session, we will not let people into the virtual session. In addition we will open the virtual session room, 10 min. prior to the start of each session.

I did not register for Black Mental Wellness Weekend. Can I still attend?
Registration is required for this event. We're not able to accommodate more than the people that registered for the event.

Can I post pictures on social media about my experience at Black Mental Wellness Weekend?
Yes, you are welcome to post pictures of yourself and the speakers. We do not want anyone to take pictures of the session participants to respect their privacy during the event.

I have children with me. Is there any activities they can do?
BMWW is for adults ages 18+. We do not have any activities for children this year.

Why do I need to complete an evaluation?
Our evaluations help us to get feedback from guests so we can improve our future events. Your voice will make a big difference in supporting us to provide high quality mental wellness events in the future.