WHO WE ARE
Sista Afya Community Mental Wellness is a social impact business tailored to provide young adult Black women with mental wellness education, resource connection, community support, and merchandise that empowers them to take charge of their mental wellbeing. We believe in a community support model of mental wellness care for Black women that is sustainable for generations to come. We believe in making mental wellness accessible and affordable by making all of our services low-cost.

WHO WE SERVE
We primarily serve young adult Black women between the ages of 18-35 in the Chicagoland area. We secondarily serve women who are older than 35 and teens between the ages of 13-17. In addition to our in-person services, we connect with women across the U.S. online through social media and our website. Check out our services at: www.sistaafya.com/services

OUTREACH AREAS
We serve women across the Chicagoland area and abroad. We focus our efforts in the neighborhoods below:

WHAT WE DO
- Mental Wellness Support Groups.
- Individual & Group Therapy.
- Mental Wellness Social Community Events.
- Community Education Workshops.
- Holistic Healing Classes.
- Resource Information Sharing.
- Community Outreach.
- Mental Wellness Merchandise.

CONSUMER EXPERIENCE
4.7 out of 5
Overall consumer satisfaction rating of our services. 100%
Of Sista Afya’s consumers would recommend our services to a friend.
*30% of consumers evaluated.

FOLLOW US ON SOCIAL MEDIA!
Instagram: @SISTAAFYA

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