

2018

A DECEMBER TO REMEMBER BLACK WOMEN'S HEALTH

Give a Gift that Makes an Impact

Donate to the California Black Women's Health Project





December 2018

California Black Women's Health Project

"Committed to improving the health of Black women and girls in California."



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Dear Sisters, Friends & Supporters:

We extend our warmest greetings to you and your family/friends during this "December to Remember" season. We are asking that you remember to support Black women's health and wellness with a gift that makes an impact.

California Black Women's Health Project is quickly approaching 25 years of committed service to improving the health and wellness of the state's 1.2 million Black women and girls. Our work is not possible without your support. Please consider a generous year-end donation that will enable us to continue to:

- build strong Sister Circles by and for Black women,
- train Black women and girls to be health advocates for themselves, their families and communities,
- promote equitable health policies that address our issues, and
- educate and empower Black women to speak up, show up, and share information about the health conditions that most impact us.

Your donation is essential to our mission, and opens up opportunities for California Black Women's Health Project to impact the lives of individual, families and communities. Kindly make this a "December to Remember" and make your donation today to improve Black women's health and wellness.

With care & commitment,

Sonya Young Adam - CEO

OUR IMPACT

3,500+

Black women and families reached through California Black Women's Health Project's workshops, trainings, and events.



MENTAL HEALTH

Sisters Mentally Mobilized

(Funded by CA Dept. Public Health, Office of Health Equity, CA Reducing Disparities Project)

- 5** Year project (2017-2022)
- 8** Mental Health focused Advocate Training Programs & Sister Circles
- 4** CA regions (LA, Inland Empire, Oakland, Sacramento)

LA County Women's Mental Health Project

(In partnership with Black Women for Wellness)

- 16** Workshops
- 4** Service Planning Areas reached
- 60** Black women educated on mental health awareness, leadership, advocacy & education

AGING

Sistahs Aging With Grace & Elegance (SAGE)

- 6** Convenings in Sacramento, Oakland & Los Angeles
- 375** Women in attendance

UCLA Healthy Aging Partners in Prevention Initiative (HAPPI)

- 7** Presentations delivered on the importance of breast and cervical screenings
- 95** Black women ages 50+ educated and trained

NUTRITION & GENERAL HEALTH

Champions for Change

(Funded by CA Dept. Public Health)

- 20** Presentations delivered
- 200** Black women & families reached

Emerging Healthcare Leaders Advocate Training Program

(Funded by California Wellness Foundation)

- 2** Cohorts
- 40** Black women ages 18-30 trained so far



Movement Mobilization Institute (MMI)

(Blue Shield CA Foundation funded collaboration)

2 Day convening centered on the experiences of Black women in the mainstream domestic violence movement

70 Women leaders statewide in attendance to strategize for radical action



Our Bodies, Our Voices Digital Reproductive Health Project

(In partnership with Black Women’s Health Imperative)

30 Digital stories captured regarding Black women’s reproductive health experiences

2 Year statewide project



“Even Me” Film Screening & Community Dialogue

(Funded by California Wellness Foundation)

5 Film screenings with filmmaker - Megan Ebor

4 Community forums to raise awareness & prevention strategies for Black women age 50+

2,600 Individuals reached through awareness and educational materials

Outreach Highlights and Accomplishments



CABWHP has extensively expanded its reach and community engagement by creating a stronger digital presence. We recently launched a new and improved website, which has strengthened our capacity to connect with Black women throughout the state. The CABWHP website averages 1,800 site visitors per week, and now includes multiple contact forms which allows us to directly communicate with an average of 20 new supporters monthly.



Additionally, CABWHP launched its’ public social media pages (Facebook & Instagram), which have quickly amassed a following of several hundred Black women and supporters, and continues to grow. We are now able to reach larger audiences and raise CABWHP’s visibility, even gaining the public recognition and attention from actress and A-list celebrity, Gabrielle Union. Through a series of targeted ads, CABWHP has reached nearly 10,000 women in California to promote our programs, events, and initiatives since May of 2018.

WHAT WE DO

Train

We train Black women to become health advocates through skill-based instruction in community organizing, planning, and engagement.

Inform

From a Black perspective, we educate women about disease prevention, domestic/intimate partner violence, nutrition/fitness, mental health, reproductive health, menopause, and other health issues.

Advocate

We advocate for policies that address the social determinants of health and aim to eliminate the disparity in Black women's health status.

Assist

We work collaboratively with community-based organizations to assist with workshops, programs, and data collection/sharing about Black women's health issues.

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WAYS TO GIVE

General Support \$ _____

Programs

- Mental Health \$ _____
 - Reproductive Health \$ _____
 - Aging \$ _____
 - HIV/AIDS/STIs \$ _____
 - Domestic Violence / Other \$ _____
-

Operations

- Rent/Facilities Staff/ Professional \$ _____
 - Technology Equipment (Computer, Tech, Audio/Visual, etc.) \$ _____
-

Outreach/ Education

- Sister Circle Support Networks \$ _____
 - Advocacy Training \$ _____
-

TOTAL \$ _____

*** 3 ways to give:**
Make checks payable to: CABWHP Donate
Via our website: www.cabwhp.org/donate
Via PayPal at: paypal.me/CABWHP

A Legacy of Leadership & Service



Women Who Dared

Our Legacy & Our Future



COMING MAY 2019

Formal Invitation to follow