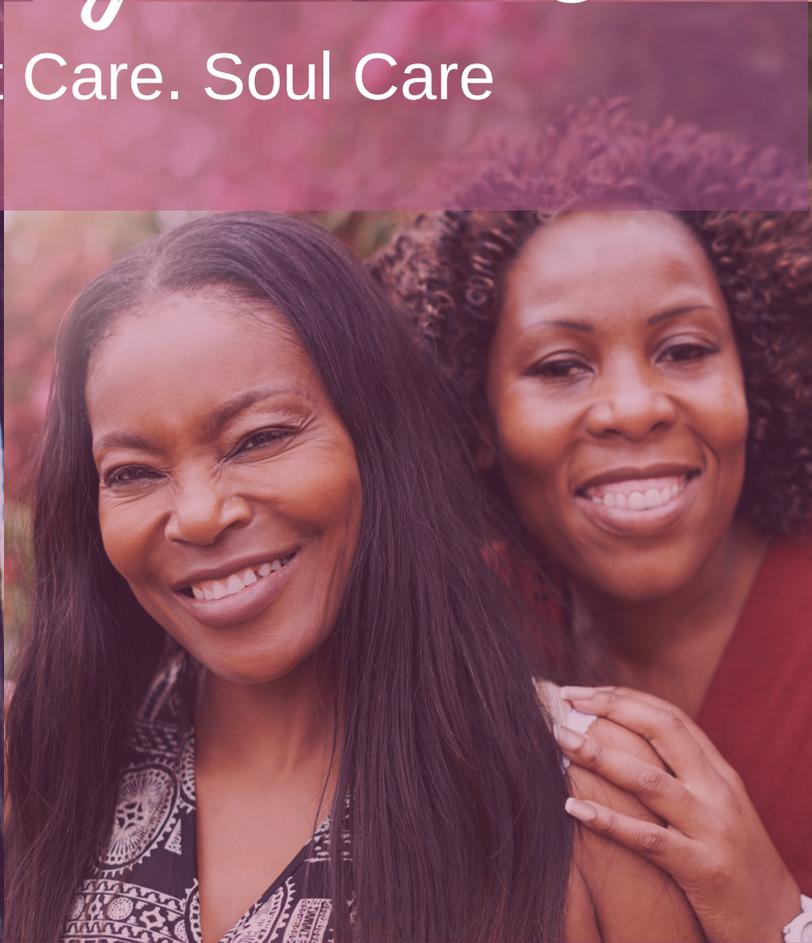
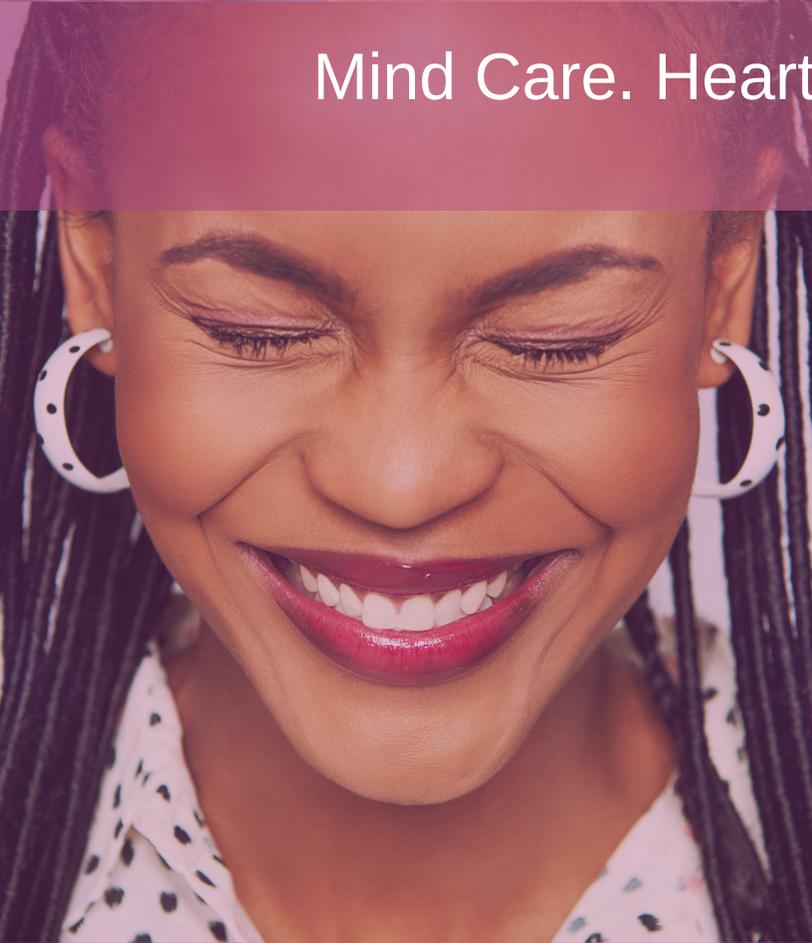




Sisters Mentally Mobilized

Mind Care. Heart Care. Soul Care



CALIFORNIA BLACK WOMEN'S
HEALTH PROJECT

WWW.CABWHP.ORG



Sisters Mentally Mobilized, a project of the California Black Women's Health Project, is funded by a grant from the California Department of Public Health, Office of Health Equity.

“

My sisters, in the face of so much,
you rise, and I see you. Rest your
mind and heart for a while.

”

- Celina Caesar-Chavannes & Cynthia Go

For us, by us *mind care, heart care, and soul care*

As Black women, many of us grew up hearing the expression, “**you have to work twice as hard to be successful, you have to be twice as good**”. While our grandmothers, mothers, and aunts may have uttered these words to help us navigate and get ahead in an patriarchal and anti-Black society, this belief seems to have permeated into the very core of how we operate in all aspects of our lives.

Between our roles as mothers, wives, partners, sisters, students, entrepreneurs, caregivers, and employees, along with pervasive racism and sexism, most of us are working twice or three times as hard to hold it together. While the outside world marvels at our ability to seemingly make it all work, inwardly we *feel* the price we are paying, and sometimes the cost is our mental or physical health. **Sometimes we need space away from a world that too often tries to convince us that it is a problem to be a Black woman in America – we need a space to set it all down, talk it out, breathe, get support from our sisters, and love on ourselves.**

Sisters Mentally Mobilized is that space, a movement for Black women to tend to our mind care, heart care and soul care.

About *Sisters Mentally Mobilized*

Sisters Mentally Mobilized (SMM), a project of the California Black Women’s Health Project, is a Black women-centered, mental health initiative, which blends community and self advocacy training (SMM-Advocate Training Program), and the formation and mobilization of Sister Circle support groups (SMM-Sister Circles) in the communities where Black women live, work, play and pray.

Who is Sisters Mentally Mobilized for?

SMM is for any Black woman 18 or older who has stories to tell and experiences to share. At the California Black Women’s Health Project, we know there is wisdom and beauty in every Black woman’s life journey. We are reaching out to our sisters in Los Angeles County, Oakland/Bay Area, Sacramento, and the Inland Empire (Riverside & San Bernardino) to join the Sisters Mentally Mobilized movement for personal and community healing.

We need committed sisters like you who are ready to lead the way for better mental health and wellness for themselves and their communities.



Sisters Mentally Mobilized— Advocate Training Program

The Advocate Training Program is the introductory experience of Sisters Mentally Mobilized. Over the course of several weeks, participating sisters gain a deeper understanding of the forces that contribute to mental health stigma, anxiety and isolation in Black women; share and learn coping and support strategies; identify community priorities for mental health advocacy and organizing; and craft solutions for promoting individual and community well-being.

The SMM-ATP prepares Black women to establish and lead mental-health focused sister circles in their communities.

Sisters Mentally Mobilized— Sister Circles

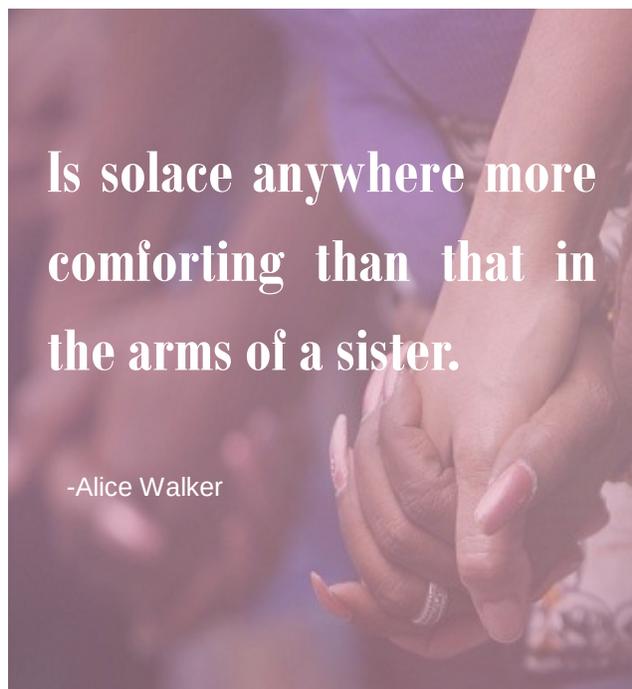
Sister Circles have been part of the Black female experience for over 150 years. From living rooms, community halls, college campuses, church basements and beyond, sister circles continue to be safe spaces for Black women to 'talk, deal, and heal'.

Following in that tradition, Sisters Mentally Mobilized- Sister Circles are support groups for mental health empowerment, healing *and* activism. SMM-Sister circles serve as a platform for members to take action in response to issues affecting mental health and wellness in their lives and communities.

With ongoing support and training from CABWHP, SMM-Sister Circles are developed and facilitated by women who have completed the SMM-Advocate Training Program.

The California Black Women's Health Project is building a statewide network of Sisters Mentally Mobilized-Sister Circles that are actively engaged in improving personal and community mental health.

For more information on Sisters Mentally Mobilized and to apply, visit www.cabwhp.org/sisters-mentally-mobilized.html, or contact us at sisters@cabwhp.org or (310) 412-1828



About the California Black Women's Health Project

Founded in 1994, California Black Women's Health Project (CABWHP) is the only 501(C)(3) non-profit organization solely dedicated to improving the health of California's Black women and girls through education, policy, outreach, and advocacy. CABWHP is committed to advocating for policies and practices that promote and improve physical, spiritual, mental and emotional well-being.