



Sisters Mentally Mobilized

Mind Care. Heart Care. Soul Care. Community Care.

A project of California Black Women's Health Project



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.

Sisters Mentally Mobilized

Mind Care. Heart Care. Soul Care. Community Care.

A project of California Black Women's Health Project



For us, by us

Mind Care. Heart Care. Soul Care. Community 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 aunties 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.

“I want world to know that [Sisters Mentally Mobilized] was something great for me. It was healing. It was deliberate. It taught me skills that I didn’t know. It taught me coping skills and I love it...I’d just like the world to know that Sister Circles are something that we need in our African-American communities...And I think this is most important because we hold so much in and this is a way for us to get things out of our system and then we can start healing and be helpful to our families.”

~ SMM Sister | Inland Empire



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.

This Advocate Training Program addresses the complex factors that predispose and create risk for chronic disease, depressive disorders, physical and emotional injury and other conditions that exacerbate poor health outcomes in Black women and girls.

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.



"I was validated, I was heard, that I was loved, that I was respected..."

~ SMM Sister | Sacramento

"As a Black woman, this has been one of the most affirming experiences that I've had, to be able to come together beyond our differences and connect on what's important to us as Black women has been priceless...What I really, really, loved was that they created a safe space. It was a space that was non-judgmental and you were able to show who you really were authentically."

~ SMM Sister | Los Angeles



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.



SMM - 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 & to apply:



bit.ly/smm-atp



(310) 412-1828 (Option #3)



sisters@cabwhp.org

