



Parenting for Liberation’s (P4L) mission is to cultivate resilient and joyful Black families that are doing the healing work to interrupt historical traumas and intergenerational violence, dismantle harmful narratives about the Black family, and create community that amplifies Black girl magic and Black boy joy.

Using a healing justice approach, P4L engages with Black parents¹ to do their own healing and transformative work, helping Black parents to understand intergenerational trauma rooted in slavery. Based on research by Dr. Joy DeGruy-Leary, there are many chains that need to be broken to heal Black parents from the impacts of post-traumatic slave syndrome - such as punitive parenting styles - that are rooted in fear stemming from slavery. P4L is working to unearth and connect to these deeply seeded historical traumas and provide liberatory and healing practices for Black parents; then begin to build with parents as leaders as an essential driver of social movements. When parents can access their own liberation and healing, they are equipped to advocate and support their children and community.

To that end, P4L offers the following programming:

- **Healing Justice/Self Care Sessions:**

In this space we offer Black parents space to reset, practice self care and recharge in a community space built on the foundation of black love and liberation. Parents are introduced to various self care practices and healing methods to help this move through trauma.

- **“From Trauma to Triumph” Workshop Series:**

A 3-week parenting workshop series designed for Black parents to unlearn old ways of parenting and shift to new alternatives to raise healthy, happy, and free children. Using storytelling and art-making as a way for them to tell their own stories—past, present, and future—and explore how their lived experiences can become powerful pathways for healing and liberation.

- **“Building Black Parent Power” Advocacy Trainings:**

Using interactive facilitation, handouts, and role play exercises, this training equips Black parents to connect and organize in their local environments to challenge institutions and behaviors that perpetuate violence and racism against them and their children.

- **Liberated Parenting Coaching & Circles:**

One-on-one coaching or small communities of practice provided online and in-person to support parents in utilizing liberated parenting practices at home and in their community in support of raising liberated children.

- **Black Family Gatherings:**

Hosting cultural-specific events and gatherings that celebrate the resilience and joy of Black families.

¹ P4L holds an expansive definition of Black parent including biological and non-biological caregivers that identify as being part of the African Diaspora.