This Black History Month's Lesson: Joy

I'm careful not to erase the pain in our story, but there are plenty of beautiful moments to share with my children, too.
“That is what liberation looks like — black families playing together, enjoying one another’s presence,” she said. “This is what our ancestors fought for — our ability to be free.”
what folks had to say...

"I really appreciated the space to reflect on ways I feel prepared for this moment and ways my kid has shown me she’s ok. There’s so much heaviness these days, which is also important to process and reflect on, but it has far outweighed everything else in both my personal life and my relationships. So thank you for the reminder and for pulling us up and out of the heaviness."

COMMUNITY CARE CIRCLE PARTICIPANT

"I felt at peace throughout the the call I’ve been holding my body and a glass of water with some herbs that I will place on my altar-the words that came to me were liberation, freedom, and love. thank you for creating this space."

COMMUNITY CARE CIRCLE PARTICIPANT
MAY
- Mothering Ourselves
- 5/10: Care for Caregivers Announced
  - Website & Sign up form created
- Call for Donations
- 5/13: Trina begins promo for book - talk with Dani McClain
- 5/21: MamaGlow BookTalk
- Website updated w Book Promo

JUNE
- Community Care Circle - Grief Circle
- Book LAUNCH!!!
- Book Bundle Released!
- Podcast Mini-Series for Book Launch

JULY
- Send out Survey for feedback
- #FreeGrace mini-campaign online

AUGUST
- Black August Learning Series - 3 videos released bi-weekly
  - Tools created for each offering
  - Self-Reiki, Dream Medicine, AfroFuturist Collage making
- Trina takes a vacay, Lorena goes to the beach :)
MAY - AUGUST

Timeline

MEET THE HEALERS

PAL & THE WOLF

MICHIELLE PHILLIPS
Liberation Coaching

SONYA BREWER
Couples Coaching

SIBETH WHITE
Energy Healing

gina BREELOVE
Sound Healing

CARE FOR CAREGIVERS FUND

Connecting Black parents & caregivers with Black healing practitioners for virtual healing and wellness sessions.

WISDOM CIRCLE

A Day of Black Love

Wisdom Circle
A Day of Black Love

A Day of Black Love

LOVE & RESISTANCE

25 Books for People Who Want to Learn More About Race in America

Because diversity starts with understanding.

By [Author]
what folks had to say...
AUGUST

Timeline

“REST IS A FORM OF RESISTANCE BECAUSE IT DISRUPTS AND PUSHES BACK AGAINST CAPITALISM AND WHITE SUPREMACY. WE CLING TO THE POWER OF COLLECTIVE CARE AND COLLECTIVE REST OPENING THE DREAMSPACE THAT WILL ALLOW US TO INVENT AND IMAGINE A NEW WORLD ROOTED IN REST.”

TRICIA HERSEY
THE NAP MINISTRY

“IMAGINATION IS THE ONLY UNLIMITED RESOURCE WE HAVE.”

DR. ALONDRA NELSON
Timeline

**SEPT**
- Back 2 School!
- Liberated Schooling Resources from Home

**OCT**
- Book Book Club launches
- Conversation w/ Jazz Smollett - IG
- MAMA Summit Keynote!
- Trump tells Proud Boys to Stand

**NOVEMBER**
- Book Workshop Series - next cohort
- Election Care Sessions - new offerings and connecting to past healing sessions
- “How is your Vote an Act of Liberation?” IG filter created
- Trina joins Policy fellowship!

**DECEMBER**
- Giving Tuesday & End of year giving asks
- Deep dive into Card Deck Creation
- Virtual Kwanzaa Launch!
You are free to make mistakes. You are safe. Come sit with me. You are memorable. You will experience a safe and consistent love. You're Resilient. You're enough. You're learning to love each day. Your breath is yours. Grow, love, learn, and take each breath, one breath at a time. And that is, and will always be enough. You have a voice. Someone needs to hear your message and story. It's worth being told, your thoughts, mind ideas valuable. It wasn't your fault. You deserve protection, your feelings are valid. I love you, you are brilliant. You will experience a safe and consistent love. It wasn't your fault. You deserve protection, your feelings are valid.