



4th Annual **Strong Black Woman** **Redefined** *Conference*

Hosted by

mindful +
MELANATED

SAT. OCT 14, 2023

Hilton Boston/Dedham | 25 Allied Drive, Dedham, MA 02026

Schedule

- 8:00a Breakfast
- 9:00a General Session
- 10:15a Breakout Sessions
- 12:45p Lunch + Panel Discussion
- 2:30p Breakout Sessions
- 5:00p Evening Reception (VIP only)

Join us for

- Healing
- Networking
- Community
- Empowerment
- Enrichment
- Self-Care

**Schedule subject to change*

CONFERENCE + COMMUNITY IMPACT

Join Mindful + Melanated for this year's Strong Black Woman Redefined conference and learn how:

- Speaking out can be a powerful tool in mental health management and suicide prevention
- You can impact your community and save a life
- Mindful + Melanated serves its community with three key programs:
 - Culturally-competent mental health education
 - Personal development workshops
 - Online peer support groups



The Effects of the "Strong Black Woman" Syndrome

The cultural-construct of the Strong Black Woman is a serious mental health issue. It can have an unintended negative impact in many areas of Black women's lives including their interpersonal, social, emotional, and physiological well-being. Playing the role of the Strong Black Woman can also cause Black women to ignore signs of mental distress therefore preventing them from seeking treatment. In the workplace, untreated or undertreated mental health issues can present themselves as low morale, decreased productivity, and increased absenteeism – all of which affect the bottom line in every business.



Your sponsorship will:

- Increase your visibility to thousands of our online followers and hundreds of our in-person and virtual attendees
- Put you in direct contact with a warm audience who is actively seeking products/services to improve their mental wellness
- Generate goodwill that can save lives and support those in need
- Position you and/or your organization as a key player who is committed to combatting racial disparities in mental health
- Help provide culturally-competent mental wellness support for an under-served population

SPONSORSHIP BENEFITS

\$10,000 – Friend Sponsor

- (1) Speaker spot up to 60 minutes (i.e. activity, demonstration, lecture, etc.)
- Recognition from the podium on main stage
- Branded breakout room
- Vendor/resource table in exhibitor hall
- Full page color advertisement with prominent placement in program book
- Logo as clickable link on Mindful + Melanated's website
- Logo as clickable link in event-related email communications to subscribers + registrants
- Listing on all press releases
- (6) Thank you Instagram posts and (6) thank you Facebook posts
- (8) Tickets to the event

\$5,000 – Ally Sponsor

- Branded breakout room
- Vendor/resource table in exhibitor hall
- Full page color advertisement in program book
- Logo as clickable link in event-related email communications to subscribers + registrants
- Listing on all press releases
- (3) Thank you Instagram posts and (3) thank you Facebook posts
- (4) Tickets to the event

\$3,000 – Advocate Sponsor

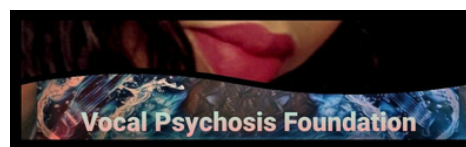
- Half page color advertisement in program book
- Mention in event-related email communications to subscribers + registrants
- (2) Thank you Instagram posts and (2) thank you Facebook post
- (2) Tickets to the event

\$1,500 – Supporter Sponsor

- Half page color advertisement in program book
- Mention in event-related email communications to subscribers + registrants
- (1) Thank you Instagram post and (1) Thank you Facebook post
- (1) Ticket to the event

Mindful + Melanated is a peer-led community for Black women who need a safe space to tackle their unique issues around mental health. We empower Black women to achieve and sustain a healthy, balanced life that does not require them to hide behind a mask of faux resiliency (i.e. the "Strong Black Woman"). We do this by offering peer support and access to culturally-competent mental health resources, providers, and programs. Our culture-centered programming helps Black women articulate and identify their thoughts, feelings, & emotions; get connected with therapists/wellness practitioners; start self-care journeys; etc. so that they can thrive – rather than just survive.

2022 SPONSORS



SPONSORSHIP PLEDGE FORM

As an expression of support, please accept this SPONSORSHIP agreement at the following level:

___ FRIEND \$10,000

___ ADVOCATE \$3,000

___ ALLY \$5,000

___ SUPPORTER \$1,500

___ I prefer to make a CONTRIBUTION to benefit Mindful + Melanated and the Strong Black Woman Redefined Conference in the amount of:

\$1,000 __

\$250 __

\$500 __

OTHER \$ __

___ I would like to make an IN-KIND DONATION for general use or prize drawing.

Item: _____

Value: _____

PAYMENT METHOD

Please make checks payable to **Mindful + Melanated** and mail to: Mindful + Melanated, c/o Regina Kinney, 7205 Avalon Drive, Randolph, MA 02368.

To pay online using a credit card CLICK HERE or visit bit.ly/mindfulsponsor.

SPONSOR INFORMATION

___ Please check here if you prefer your gift to remain anonymous.

Name of Sponsor: _____

Please print name of individual OR business EXACTLY how you want it to appear on conference materials.

Full Address: _____

Contact Person: _____

Phone & Email: _____