

# 5th Annual Strong Black Woman Redefined Conference



## Relax, Relate, Release

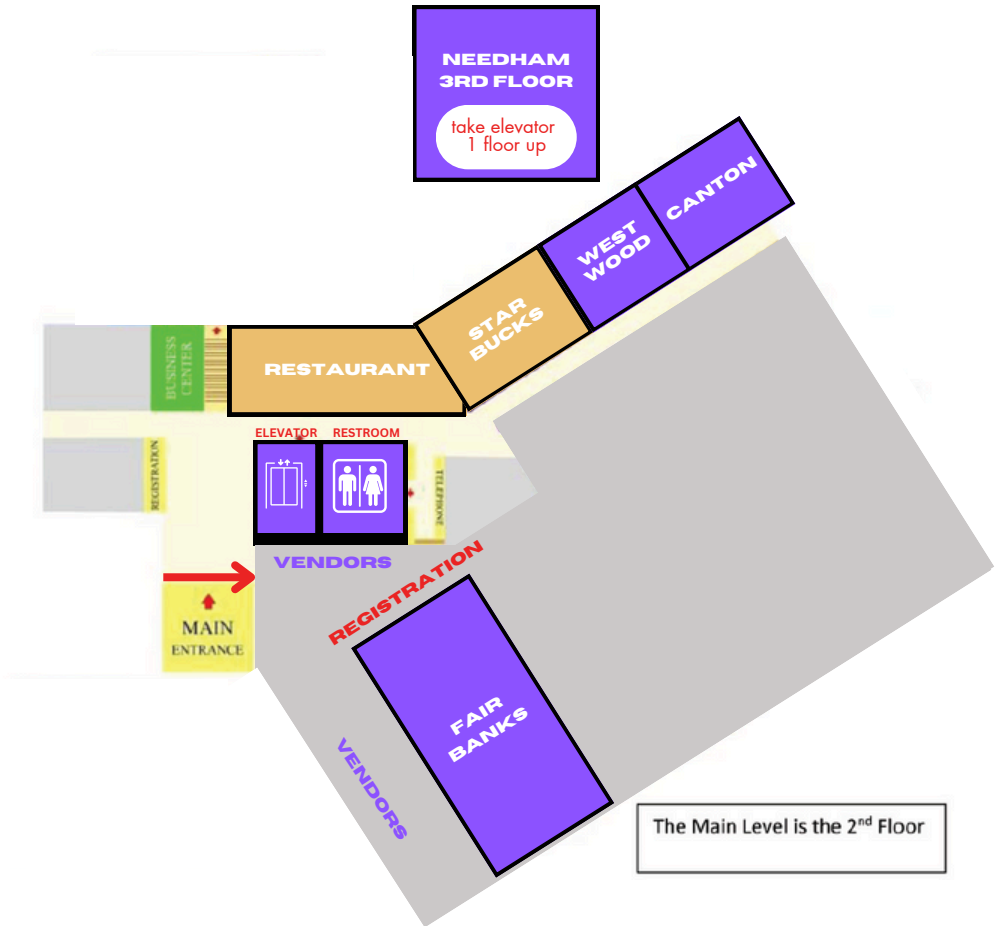
SATURDAY OCTOBER 12, 2024 | 8:00 AM - 4:00 PM  
Hilton Boston/Dedham | 25 Allied Drive, Dedham, MA

[www.mindfulandmelanated.com](http://www.mindfulandmelanated.com)

# Map of Venue

**Hilton Boston/Dedham**  
25 Allied Drive, Dedham, MA

**Saturday, October 12, 2024**  
8:00 a.m. - 4:00 p.m.



The Fairbanks Ballroom and the Westwood and Canton Conference Rooms are on the main level.

To access the Needham Conference, take the elevator to the 3rd floor.

# Welcome



Hey girl, hey! I am beyond thrilled to welcome you to this powerful and transformative space. When I first started the Strong Black Woman Redefined Conference, I had a simple but bold vision: to dismantle the outdated and harmful cultural construct of the "strong Black woman" and create a space where we could show up as our full, authentic selves—soft, strong, and everything in between.

What began as a Zoom meeting has evolved into something greater than I could have ever imagined. And here we are, just five years later, gathering at the Hilton. I am truly humbled and honored by this moment, but more importantly, I'm reminded of just how deeply needed this programming is for Black women. Together, we are breaking free of the unrealistic expectations placed on us and making space to prioritize our mental health, our joy, and our rest.

My hope is that throughout today, you will find community, empowerment, and inspiration. That you leave here with tools to support your wellness and with a sisterhood of women who truly get it.

Before you go, don't miss out on the chance to join our **Strong Black Woman Support Group monthly membership**, where we have private Q&A sessions with licensed Black women therapists, virtual co-working sessions for the Work from Home girlies, masterclasses, and so much more.

Thank you for being here, and remember, this journey isn't just about redefining the strong Black woman—it's about redefining you on your own terms.

With love and gratitude,

**Regina Renaye**

Creator of the Strong Black Woman Redefined Conference

Founder of Mindful + Melanated

**Join the Strong Black  
Woman Support Group  
today to get your  
7-day FREE trial!**



**SCAN ME**

# Schedule

**8:00 AM - 9:00 AM**

**DOORS OPEN + BREAKFAST IS SERVED**

**9:00 AM - 9:30 AM**

**OPENING REMARKS + KEYNOTE SPEAKER**

**9:30 AM - 10:00 AM**

**BREAK**

**10:00 AM - 11:00 AM**

**BREAKOUT SESSION (CHOOSE 1 OF 3)**

There Is No In-Between: A Story of What Happens When You Step Into Alignment  
*Canton Conference Room*

The Brave Space: Embracing the Power of Vulnerability  
*Westwood Conference Room*

Unraveled Diaries: The Roots Of Self-Care  
*Needham Conference Room (take elevator one floor up)*

**11:00 AM - 11:15 AM**

**BREAK**

**11:15 AM - 12:15 PM**

**BREAKOUT SESSION (CHOOSE 1 OF 3)**

Relaxing Into Your Inner Space: Astrology For Black Women's Self-Care  
*Canton Conference Room*

My Girlfriends: Defining Sisterhood  
*Westwood Conference Room*

Somatic Art Therapy  
*Needham Conference Room (take elevator one floor up)*

**12:15 PM - 1:00 PM**

**LUNCH + RAFFLE DRAWING**

**1:00 PM - 2:30 PM**

**AWARD CEREMONY + PANEL DISCUSSION**

**2:30 PM - 2:45 PM**

**BREAK**

**2:45 PM - 3:45 PM**

**BREAKOUT SESSION (CHOOSE 1 OF 2)**

Mental Health Advocate & Jenga®: What A Simple Game Can Teach You About Self-Care  
*Canton Conference Room*

The Artistic Expression Of Somatic Movement And Progressive Muscle Relaxation  
*Westwood Conference Room*

**3:45 PM - 4:00 PM**

**LAST CALL FOR VENDOR SHOPPING + CONFERENCE CLOSES**

# Featured Speakers

## CONFERENCE HOST

---



### REGINA RENAYE

*Founder | Mindful + Melanated and Strong Black Woman Redefined Conference*

Regina Renaye has been battling depression since childhood. Her first suicide attempt was at the age of 12. As an adult, she muddled through life wearing the mask of a "Strong Black Woman" to hide her pain, shame and embarrassment for having depression. Regina often overcompensated for her depression by being an overachiever, while trying to numb her pain with alcohol. After several depressive episodes and breakthroughs she decided to share her story with the hopes of helping other Black women along in their mental wellness journeys through her organization Mindful + Melanated and her Strong Black Woman Redefined conference. Regina has a BA in Writing, Literature, and Publishing from Emerson College. She is a member of the Women's Mental Health Leadership Council at McLean Hospital and the Randolph Women's Club. She won third prize at the Roxbury Innovation Center business pitch competition in February 2020, was recognized by the Massachusetts Department of Mental Health as a "Local Inspiration" in 2022, was given the Mental Health Advocate of the Year award by Healing Black Women and the Bounce Back Magic Award from Vick Breedy, Inc. in 2023. Regina also hosts a podcast on YouTube called the *Strong Black Woman Support Group* in which she talks to Black women about how to dismantle the harmful cultural construct of the "Strong Black Woman."

## KEYNOTE SPEAKER

---



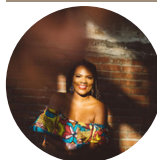
### CARMEN BLYDEN

*Founder & CEO | Healthy Energy Actively Living (HEAL)*

With a background in business management, positive intelligence, fitness, and nutrition, and over 11 years of leadership experience, Carmen is a fierce advocate for holistic wellness and women's empowerment. During her recent TEDx Roxbury talk, she shared her personal journey of self-discovery and overcoming challenges. Carmen empowers ambitious Black women to lead fulfilling lives. Her personalized coaching, transformative workshops, and motivational speaking engagements create nurturing environments where Black women can embrace their authentic desires confidently. Carmen founded Healthy Energy Actively Living (HEAL) to help women design their dream lives without sacrificing well-being. Beyond her professional work, she values family time, new adventures, and staying fit.

## AWARD RECIPIENT

---



### NIESHA DEED - LUMINARY OF THE YEAR

*Founder & CEO | PureSpark*

Niesha is a Roxbury native who educates the community on the importance of prioritizing mental health. She is unafraid to share her own personal story to aid in the recovery of others. Niesha's journey led her to founding PureSpark and offering resources to clients to accept their situation, explore their emotions, and practice the coping mechanisms they've learned through using PureSparks resources.

# Panel Discussion Speakers

## MODERATOR

---



### CRYSTAL HAYNES

*Emmy-Award Winning Journalist*

Crystal Haynes is the Senior Communications Director at United Way of Massachusetts Bay and a former host of GBH's Greater Boston and Basic Black. Crystal is a dedicated advocate for maternal and fetal health, serving on the board of the March of Dimes of New England. Crystal holds a master's degree in Media Advocacy from Northeastern University, where she also lectures part-time. Beginning her career as an assignment editor and producer, she worked as a reporter at WGGB-TV in Springfield from 2004 to 2007. A graduate of Emerson College, Crystal majored in Broadcast Journalism with a minor in History and Political Communication.

## PANELIST

---



### KATRINA HUFF-LARMOND

*Councilor for Town of Randolph*

Katrina Huff-Larmond is serving her fourth term as a Town Councilor in Randolph, MA, where she works on the Ordinance and Business and Economic Development sub-committees to foster economic growth. She is the first woman of color to hold a council seat (2015) and serve as Vice President (2019) in Randolph. A dedicated advocate for social justice, Katrina teaches at Simmons University, Bridgewater State University, and Boston University, focusing on Racism & Oppression, Social Policy, and Urban Leadership. She also serves on the boards of My Life My Choice and Brockton NAACP. Katrina lives with her husband, Frank, and their son, Michael.

## PANELIST

---



### VICK BREEDY

*Founder & CEO | Vick Breedy, Inc. & The Selfish Women's Group*

Vick Breedy is an author, entrepreneur, and self-care advocate. During her divorce, Breedy turned to writing as a therapeutic outlet, creating characters that embodied her emotions. Her first novel, *Bitter*, was self-published during this difficult time. Breedy's journey through divorce and single parenthood, while working seven days a week for five years, shaped her understanding of resilience. She later created the "Bitter Movement," transforming negativity into a platform for empowerment, followed by *Still Bitter* and *Bitter Family Secrets*. Breedy also launched Genetically Resilient apparel, celebrating resilience with her #BounceBackMagic mantra. She founded the Selfish Women's Group to help women prioritize self-care, and authored *Selfish Women's Group*, a novel about healing through self-care. In 2021, she expanded her efforts with the Stereotyped Men's Group, creating a safe space for Black and Brown men to focus on self-care.

# Panel Discussion Speakers

## PANELIST



### DR. C. AKUAROSE FEATHERS

*Author & Intentional Living Coach*

Dr. C. AkuaRose Feathers is an empowerment speaker, coach, author, and life strategist committed to helping women create intentional lives of wellness, so they can show up authentically and healthily. A lifelong seeker and healer, Dr. Akua is passionate about helping others reframe limiting beliefs and break free from toxic narratives to improve their mental, spiritual, and emotional well-being. She strongly believes in the power of authenticity and intentionality. Dr. Akua is also the author of *For Strong Black Women Who Desire Softness When Perfection Ain't Enough*, offering insights into embracing softness and self-compassion.

## PANELIST



### MONIQUE WILLIAMS, LCSW

*CEO | Strength Redefined*

Monique Williams, LCSW, is a licensed mental health psychotherapist with over 10 years of experience in mental health therapy and 15+ years as a helping professional. She holds degrees from North Carolina Central University and the University of Pennsylvania, with a background in Counseling/Clinical Social Work both in the U.S. and the U.K. Through her private practice, Strength Redefined, Monique offers individualized therapy using integrative techniques such as cognitive behavioral therapy, mindfulness, and EMDR. She specializes in supporting high-achieving Black women and fellow providers dealing with anxiety, trauma, depression, and more. Monique's work also includes marriage counseling, group therapy, and the creation of her "Growthbook Journals," tailored to women of color and children. Her mission is to help Black women prioritize self-care and redefine their strength beyond societal expectations.



## DID YOU KNOW?



**FUN FACT:** Our founder, Regina Renaye, has a live talk show on YouTube. Subscribe to the Mindful + Melanated's YouTube channel and tune in Thursdays at 7:00 p.m. EST for the **Strong Black Woman Support Group Talk Show/Podcast**.



**Scan to Subscribe**

# Workshop Descriptions



## **There Is No In-Between: A Story of What Happens When You Step Into Alignment**

*Presented By Tasha Kitty - Body, Stone and Soul & Smart Startup HR*

**10:00 AM- 11:00 AM - CANTON CONFERENCE ROOM**

In this captivating session, Tasha shares her inspiring journey from the everyday stress of Corporate America to a jaw-dropping, two-time leap into entrepreneurship. Tasha talks about feeling “called” into alignment, navigating both pitfalls and skyrocketing success while pursuing her passions and embracing her intuitive gifts. She highlights the importance of the law of attraction in her life and the power of knowing when you're out of sync with your true desires. This session will resonate deeply with anyone who's ever felt that rumbling in their gut when they know they're operating against their true self. Tasha's story will show what happens when you say, "I knew that was going to happen!"—and it does. Finally, she reveals the beauty of giving in when the universe gives you that nudge toward your purpose.

Attendees will walk away not only with renewed motivation but with practical lessons from Tasha's entrepreneurial journey, including:

- Avoiding common mistakes new business owners make
- Recognizing how quickly things shift when you decide to let go
- Understanding the power of aligning your thoughts and actions
- Reducing the fear of failure while pursuing your passions

Tasha's infectious energy and storytelling prowess make her a connector of people across all backgrounds, leaving attendees with hope and inspiration to embrace their unique path.



## **The Brave Space: Embracing the Power of Vulnerability**

*Presented By Dr. La-Toya S. Gaines - Family Matters Counseling & Psychological Svcs, Inc.*

**10:00 AM- 11:00 AM - WESTWOOD CONFERENCE ROOM**

Have you ever seen vulnerability as a weakness? Many strong Black women are taught to mask their true emotions to maintain an image of strength. But in this transformative workshop, Dr. La-Toya Gaines challenges that notion by showing how vulnerability can be a source of power. Through interactive exercises, reflective discussions, and supportive sharing, participants will unpack the dynamics of emotional strength and discover the beauty of vulnerability. This session will help you challenge societal expectations, embrace your authentic emotions, and build deeper connections in your personal and professional relationships.

Participants will:

- Understand how societal and personal expectations of strength can hinder genuine connection
- Learn strategies to balance resilience with vulnerability
- Embrace vulnerability as a superpower that opens doors to deeper relationships

Leave with the tools to overcome personal barriers to vulnerability and implement practical ways to invite more authenticity and connection into your life.



# Workshop Descriptions



## **Unraveled Diaries: The Roots Of Self-Care**

*Presented By Jasmine Welcome - Roots Unraveled*

**10:00 AM- 11:00 AM** - NEEDHAM CONFERENCE ROOM (3rd floor)

In a world obsessed with luxury experiences and fleeting indulgences, this workshop aims to rewrite the narrative of self-care. Jasmine invites participants to examine how external influences, like social media trends and environmental factors, shape their self-care habits. She addresses the often-overlooked financial burdens associated with luxury self-care and prompts reflection on whether these investments truly improve mental health. Jasmine also introduces the intersection of environmental justice and self-care, discussing how the policies and budgets crafted by local representatives impact your wellness practices. This workshop will empower women to think critically about their self-care choices, invest in their mental wellness, and create sustainable practices that go beyond surface-level indulgences.

Participants will:

- Discuss barriers to effective self-care
- Learn about the importance of prioritizing personal wellness
- Explore behavior modification strategies to increase engagement in self-care
- Redefine their self-care practices and create a personalized mental health day plan

This workshop is perfect for women juggling multiple roles who need practical, sustainable solutions to support their mental health.



## **Relaxing Into Your Inner Space: Astrology For Black Women's Self-Care**

*Presented By Eboni Bledsoe - Homegirl Astrology*

**11:15 AM- 12:15 PM** - CANTON CONFERENCE ROOM

Discover how astrology can be a powerful tool for self-care in this interactive workshop tailored for Black women. Eboni will guide participants through the practical application of astrology, using planets, signs, and elements to help them understand their unique self-care needs. By exploring their moon signs and the influence of the elements (fire, water, earth, air), attendees will gain insights into how these factors shape their emotional landscape and guide their self-care practices. No prior knowledge of astrology is required—just a desire to develop personalized wellness routines that align with your astrological makeup.

By the end of this workshop, participants will:

- Understand the basic principles of astrology and how they relate to self-care
- Identify their moon sign and its traits to guide their self-care practices
- Explore how the elements impact their emotional well-being
- Walk away with practical self-care suggestions based on astrological insights

This workshop fosters a supportive environment where Black women can connect through shared exploration and deepen their wellness practices.

# Workshop Descriptions



## **My Girlfriends: Defining Sisterhood**

*Presented By Toiell Washington - The Master's Tools LLC*

**11:15 AM- 12:15 PM - WESTWOOD CONFERENCE ROOM**

Inspired by the early 2000s sitcom *Girlfriends*, this one-hour workshop invites attendees to explore the power of authentic sisterhood. Black women face unique challenges navigating a world shaped by both patriarchy and systemic racism, but the support of a strong community can make all the difference.

Through interactive activities and facilitated discussions, participants will dive into the importance of building and maintaining healthy friendships. This session will help you develop the skills needed to establish healthy boundaries, navigate difficult conversations, and sustain a supportive village.

By the end of this workshop, participants will:

- Develop emotional intelligence to manage their own emotions and understand others' perspectives
- Improve conflict resolution and communication skills
- Build and maintain meaningful relationships as adults

This workshop is for Black women seeking deeper connections and supportive sisterhood to navigate life's challenges together.



## **Somatic Art Therapy**

*Presented By Nielle Milinazzo - Soul Love Counseling and Consulting*

**11:15 AM- 12:15 PM - NEEDHAM CONFERENCE ROOM (3rd floor)**

This workshop invites participants to engage in somatic art therapy as a way to reflect and release what no longer serves them. Through movement and creation, this session provides an opportunity to explore self-care in a tangible, healing way.

Designed for those feeling stuck, exhausted, or overwhelmed, this workshop offers a space to rest, move, play, and dream. Participants will learn to recognize their body's distress signals and practice somatic release to improve emotional regulation and resilience.

Attendees will:

- Increase mindfulness and awareness of their physiological warning signs
- Explore somatics as a method of distress tolerance
- Challenge perfectionism and unrealistic expectations while focusing on personal growth

# Workshop Descriptions



## **The Mental Health Advocate & Jenga®: What A Simple Game Can Teach You About Self-Care**

*Presented By Laqwanda Roberts-Buckley - Healing Black Women*

**2:45 PM- 3:45 PM - CANTON CONFERENCE ROOM**

This interactive workshop uses the classic game of Jenga® as a metaphor for balancing self-care and mental wellness as a community advocate. Laqwanda guides participants through an engaging exercise that helps them better manage, monitor, and maintain their own wellness in the midst of serving others.

Community advocates often face burnout while working tirelessly for their causes. This session will offer tools to help you assess your energy levels, set boundaries, and prevent burnout by asking the right questions before accepting new tasks and responsibilities. Learn how to use community-building as a source of support and energy restoration.

Participants will leave with a deeper understanding of how to:

- Monitor and adapt their self-care routines to meet evolving needs
- Recognize early signs of burnout and make necessary adjustments
- Use strategic self-reflection to prioritize their well-being
- Leverage community connections for sustained wellness and resilience

This workshop is ideal for community advocates who are ready to take control of their self-care and maintain balance in their lives.



## **The Artistic Expression Of Somatic Movement And Progressive Muscle Relaxation**

*Presented By Dr. Arlela Bethel - The Movement LAB*

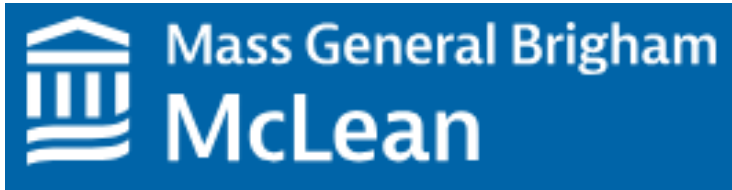
**2:45 PM- 3:45 PM - WESTWOOD CONFERENCE ROOM**

This interdisciplinary workshop blends dance, movement, mindfulness, and art to create a somatic experience that captures the power of progressive muscle relaxation. Dr. Arlela Bethel will guide participants through a non-verbal, rhythmic experience that uses movement to express emotions and tell a story.

Participants will engage in progressive muscle relaxation, holding symbolic poses while partnered with others to create visual representations of their emotions. Afterward, they will share and process their experiences with the group, connecting movement with emotional release.

This workshop encourages Black women to release judgment, embrace their truth, and find peace through artistic expression. Participants will leave with a clearer sense of self and a newfound connection between motion and emotion.

# Thanks To Our Sponsors



# Visit these Resources Tables



## McLean Hospital

McLean is a leader in mental health care, dedicated to advancing treatment, supporting research, and providing mental health outreach and education initiatives. They work to change attitudes about mental health, locally and around the globe with their free mental health webinars and their Deconstructing Stigma campaign. To learn more visit [www.mcleanhospital.org](http://www.mcleanhospital.org).



## Massachusetts Department of Mental Health

The Department of Mental Health, as the State Mental Health Authority, assures and provides access to services and supports to meet the mental health needs of individuals of all ages; enabling them to live, work and participate in their communities. To learn more visit: [www.mass.gov/dmh](http://www.mass.gov/dmh).



## Mass General Brigham Community Care Team

Mass General Brigham's mobile medical Community Care Vans bring a broad menu of mobile medical services, including screenings and interventions for chronic health issues like hypertension, diabetes, and substance use disorders. They are staffed with multilingual and multicultural clinicians and support staff to better connect with the communities served by Mass General Brigham. Visit [www.massgeneralbrigham.org/en/patient-care/services-and-specialties/community-care-van](http://www.massgeneralbrigham.org/en/patient-care/services-and-specialties/community-care-van) to learn more.



## A Tribe Called Black

TCB is a grassroots community cultivating cultural wealth through connection, learning, celebrating and prioritizing Black and Brown communities. To learn more visit: [www.tcb.black.com](http://www.tcb.black.com). **Today they will be offering emotional support to those who may need help processing the feelings that come up during the conference.** Visit their table to get some support should you need it.



## Harbor Health Services, Inc. – Elder Service Plan

The Harbor Health Elder Service Plan offers a personalized healthcare program provided by our own geriatric professionals guided by a care plan developed and customized for the individual's needs. Healthcare is coordinated by a team of caring professionals at the PACE Day Center, transportation included, or when needed in your home. PACE provides care for participants 24 hours a day, seven days a week and 365 days a year. Learn more at <https://www.hhsi.us/elder-service-plan>.

## Mindful + Melanated



Learn how you can step up your mental wellness journey by joining our Strong Black Woman Support Group. We offer support in a variety of ways: social events, access to licensed mental health providers, closed, private co-workings sessions and so much more!

Because we cannot do this alone, we also have information on other organizations and programming specifically designed for Black women's mental health.

Ready to sign up for our Strong Black Woman Support Group? Visit [www.mindfulandmelanated.com](http://www.mindfulandmelanated.com) today.

# Shop with our Vendors



## LoveStoned Jewelry Co.

Natural gemstone jewelry designed to support your intentions and help you manifest your dreams. See their full collection at [www.lovestonedjewelry.com](http://www.lovestonedjewelry.com).



## Sheila G Baggs & Accessories

Massachusetts-based Black woman owned business selling unique handbags and accessories geared toward Black women.

NJALA

## Njala LLC

Njala (En-Jah-La) means "nails" in Luganda. They sell high quality, semi-cured nail wraps made from gel nail polish. Simply press, trim off the excess, cure, and file for a gorgeous at home manicure. Learn more at [www.njala.co](http://www.njala.co).



## dafnytc, Touchstone Crystal by Swarovski

Style You Can Count On! Touchstone Crystal jewelry is affordable and made exclusively with precision cut Swarovski Crystals and Zirconia. To learn more visit: <https://sites.touchstonecrystal.com/sites/dafnyargueta>.



## Arlieu Graphics

Arlieu Graphics offers unique gifts representing people of color. They have one of a kind items that embrace and celebrate our identities, and bring them to life. Visit their Etsy shop at <https://arlieugraphics.etsy.com>.



## 5Strong Candle Company

5Strong Candle Company is a Boston-based candle Company specializing in soy and coconut wax products, body oils, and car fresheners. See all their products at [www.5strongcandlecompany.com](http://www.5strongcandlecompany.com).



## True 9 Accessories

True 9 Accessories provides stylish accessories that reflect the true you! Visit [www.true9accessories.com](http://www.true9accessories.com) to check out some their amazing collections like I'm Every Woman, My Sister's Keeper, and Ladies First.

# Shop with our Vendors



## Love Balungi

Who is Love Balungi? Love Balungi LLC is a natural beauty/Vegan company that uses all natural ingredients in our products. Here at Love Balungi, we strive to provide great non chemical based products that keep you moisturized and coming back for more. We keep those in mind that have sensitive skin. Be sure to check out our products. We hope you love and enjoy these products just as much as we love making them! To learn more visit: <https://lovebalungi.com>.



## Safe Space Therapeutic Services, Inc.

Safe Space Therapeutic Services, Inc. is a small outpatient mental health practice dedicated to offering comprehensive care for mind, body, and spirit. In addition to traditional counseling services, Safe Space also provides holistic health options, including meditation, breath work, Reiki, and sound healing. To learn more visit: <https://safespacetsi.com>.



## CrownBox

CrownBox Gifts is a curated and custom gift box company specializing in uplifting and celebrating Black women and friends with locally-sourced products from Black- and women-owned business. To learn more visit: [www.crownboxco.com](http://www.crownboxco.com).



## Gail's Homemade Soaps & Jewelry

The owner of this shop makes gentle soaps for sensitive skin, handmade in small batches with the finest oils and luxurious natural ingredients. You can shop her soaps and handmade gifts/crafts here: [Gailshomemadesoaps.etsy.com](http://Gailshomemadesoaps.etsy.com).



## PatriciaLincoln

PatriciaLincoln is an advocate for the CBD community and protective of our consumer base. They take pride in their CBD products by providing choice certified organic hemp grown by USA farmers in nutrient rich soil. To see their full line of CBD products visit [www.patricialincoln.com](http://www.patricialincoln.com).



## ilovefgy (FlyGirl Couture)

I love FlyGirl Couture is where fashion meets culture! A pop up boutique featuring items made, designed, or curated by us for you! Check out their size-inclusive fashions on their Instagram page [@ilovefgy](https://www.instagram.com/ilovefgy).



# Support These Businesses + Organizations



"We have to stop making it seem like it's not okay to not be okay."

For years, Dominique knew something was wrong. She didn't say anything until the end of high school. By then, she was having daily panic attacks.

In time, Dominique was diagnosed with anxiety and depression, but she didn't begin treatment until she was a 20-year-old college sophomore.

Encouraging others to learn from her experience and seek help for mental health issues is important to Dominique.

*In my community, we don't talk about mental illness. You suck it up and deal with it.*

*But ignoring mental illness really does a disservice because not only does it invalidate the reality of these issues within our community, but it also reinforces unhealthy coping mechanisms.*

*The hardest part of fixing a problem is acknowledging its existence.*

**Dominique**

Massachusetts | Student



# Support These Businesses + Organizations



The Department of Mental Health, as the State Mental Health Authority, assures and provides access to services and supports to meet the mental health needs of individuals of all ages; enabling them to live, work and participate in their communities.

Most mental health services, including medication and therapy are provided through health insurance – MassHealth (Medicaid), the Massachusetts Health Connector (health insurance marketplace) or through private insurance (employer-based). The Department of Mental Health (DMH) has a specialized role in the healthcare delivery system as DMH provides supplemental services for people with the most serious needs.

To learn more about the Department of Mental Health visit [www.mass.gov/dmh](http://www.mass.gov/dmh).

# Support These Businesses + Organizations

## RANDOLPH WOMEN'S CLUB SERVING IN RANDOLPH, MA SINCE 1855



*"We acknowledge and celebrate the work of our fellow Board member Regina Renaye Kinney and her organization Mindful + Melanated in their work that both transforms and improves lives."*

- Randolph Women's Club

The Randolph Women's Club is the second oldest women's club in Massachusetts and the fourth oldest in the U.S. We are a diverse community of women dedicated to philanthropy, service, and advancing women and girls.

We support organizations like DOVE (Domestic Violence Ended), provide gifts to women veterans, and award scholarships to local high school seniors.



RWC is where philanthropy meets fun! Enjoy monthly TGIF Ladies' Nights, our International Women's Day Luncheon, and annual Strawberry Festival.



Our members include top executives, business owners, elected officials, healthcare professionals, educators and retirees. Join us for:

- Free or discounted admission to events
- A supportive network of women
- Meaningful philanthropic opportunities

And much more!

Learn more! Visit [www.randolphwomensclub.org](http://www.randolphwomensclub.org) or email [randolphwomensclub@gmail.com](mailto:randolphwomensclub@gmail.com)

# Support These Businesses + Organizations

## Wildflower Alliance

(formerly known as the Western Mass RLC)

...supports healing and empowerment for our broader communities and people who have been impacted by psychiatric diagnosis, trauma, extreme states, homelessness, problems with substances and other life-interrupting challenges through: Peer-to-peer support & genuine human relationships; Alternative Healing Practices; Learning Opportunities; and Advocacy. Essential to our work is recognizing and undoing systemic injustices such as racism, sexism, ableism, transphobia, transmisogyny, and psychiatric oppression.

SAMPLE OFFERINGS INCLUDE: Peer respite (alternative to hospitalization), Access to free yoga, acupuncture, etc., Public events and film screenings, and Local and national trainings (Hearing Voices, Alternatives to Suicide facilitator trainings, etc.) just to name a few.



[www.WildflowerAlliance.org](http://www.WildflowerAlliance.org) | [www.AfiyaHouse.org](http://www.AfiyaHouse.org)  
413.539.5941 | [info@wildfloweralliance.org](mailto:info@wildfloweralliance.org)



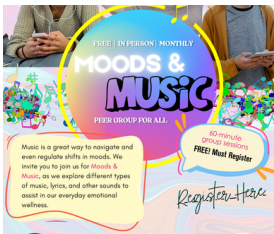
## Peer Support Groups For Us by Us

A Tribe Called Black is a Massachusetts-based grassroots organization and growing community, that is prioritizing Black and Brown individuals - learning, connecting, healing and building cultural wealth by prioritizing the experiences of persons of color.

**TCB provides a variety of in-person and virtual groups for us by us such as:**

Queens Healing Queens/Royals  
Super Mom Workshop Series  
Irate Expressions

Black Teens Talk  
Moods & Music  
and MORE!



For more info visit [www.tcb.black](http://www.tcb.black) or email [info@tcb.black](mailto:info@tcb.black)

# Support These Businesses + Organizations



**Radiant Behavioral**  
HEALTH CARE



## Accepting New Patients



Radiant Behavioral Health Care, PLLC is a Massachusetts based mental health practice that offers comprehensive psychiatric evaluations, medication management, and psychotherapy services for individuals ages 18 through 64

**CHENELLE CHRISTIAN**  
PMHNP-BC, PMH-C

Contact Us  
(617) 841-8468  
[www.radiantbehavioral.org](http://www.radiantbehavioral.org)



**Human Services  
Research Institute**

**Improving systems. Changing lives.**

"Here at HSRI, we are driven to uplift and celebrate the wellbeing of communities of color through our research. We prioritize representation within our staff and in our partnerships. And we work to dismantle systems of oppression that are the root cause of racial inequities in access to high-quality mental health and substance use services. By doing so,



we influence positive mental health and wellness outcomes for ALL."



Bevin Croft,  
Director of  
Behavioral Health



[hsri.org](http://hsri.org)

# Special Offer



## WANT FREE FOOD?



Get \$20 worth of FREE FOOD from our Sponsor with promo code **RRR24**



# Postmates

Today Postmates will be treating you to a free meal!

You'll be able to grab anything your heart desires by applying **RRR24** at checkout for **\$20 off, with no minimum order size**. Act quickly, this code will expire on 10/18/24 at 8:55pm EST and will only be redeemable at restaurants in the Boston area!

Just download the Postmates app, add your desired items to cart, Go to **Checkout** > Under **Order Summary** select **Promotion Applied** > on the Promotion Applied screen in the top right corner click Enter Code > **RRR24**.

It's that easy!

[illegible]

This image shows a full page of white paper with horizontal black ruling lines. The lines are evenly spaced and run across the width of the page, providing a template for writing or drawing. There are no margins, text, or other markings on the paper.

