



BLACK WOMEN'S SELF CARE RESOURCE GUIDE

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ORGANIZATIONS/PROGRAMS/PRACTITIONERS:

AAPF YOUNG SCHOLARS PROGRAM

The Young Scholars Program (YSP) is a multi-phased research and leadership opportunity that organizes a cohort of young Black women and girls to develop their research and policy analysis skills. The program operates from the principle that young women are the best informants and intermediaries to shape experience-based support systems, guidance, and mentoring for the next generation of Black girl leaders. The first phase of YSP begins with a six-week remote summer program during which AAPF researchers work alongside YSP participants to develop a multidisciplinary and intersectional approach to assessing the conditions of Black girls' lives.

BLACK JOY PARADE

BJP is a non-profit based in Oakland, California that exists to provide the Black community and allies a live experience that celebrates our influence on cultures past, present and future. Their ongoing projects include Black Joy Brunch: A Fundraiser With Sobre Mesa. Learn more at their website: blackjoyparade.org, and follow them on social media at IG: @blackjoyparade.

DIVE IN WELL

Dive in Well works to diversify the wellness industry by providing tools to empower both individuals and businesses in the form of digital workbooks, workshops, consulting and corporate training. Their ongoing projects include "Free Swim" – virtual wellness webinars that offer mindfulness practices from a diverse group of community leaders. Learn more and follow their other initiatives at IG: @diveinwell

DR. MARIEL BUQUÈ

Dr. Mariel Buquè is a holistic psychologist and sound bath meditation healer. Her work centers on helping people heal their whole selves through holistic mental wellness practices and on healing wounds of intergenerational trauma. She also focuses on delivering healing and anti-racism lessons and workshops, as she believes in the liberation of our minds and of oppressive systems as necessary qualities of our overall wellness. Find out more about Dr. Buquè and her available courses by visiting <https://www.drmarielbuque.com/>

HARRIET'S APOTHECARY COLLECTIVE

Harriet's Apothecary Collective co-creates a variety of healing spaces and workshops to support communities in organizational development, strategic planning, coordinating wellness spaces for activists and organizers, conflict mediation, capacity development, healing from institutional and/or organizational trauma, reconnecting with indigenous healing practices and more. Learn more about their workshops and whether they're a good fit for your org at IG: @harrietsapothecary.

HEARTWORK EQ

HeartWorkEQ is a personal development company specializing in faith-based, science-backed emotional intelligence coaching, events, and tools for women. Founded by Dr. Leslie Nwoke, their approach to emotional wellness is based on providing coaching and creative experiences that are spirit-led and science-backed. Learn more at heartworkeq.com.

HURU

Huru gets its name from the Swahili word for “free”. Imani Joye Sanders Samuels founded Huru to foster uninterrupted rest. Huru’s all-inclusive rest experience infused clinical, cultural, and spiritual facets to offer deep introspection and optimal rest. Huru considers rest a kind of reparations. Their restorative, sacred spaces and global initiatives impact lives across Nigeria, South Africa, the United Arab Emirates, the United Kingdom, and, of course, the United States. To start your journey to stillness, visit www.huru.space or email hello@huru.space.

NAP MINISTRY

The Nap Ministry, founded by Tricia Hersey, believes rest is a form of resistance and names sleep deprivation as a racial and social justice issue. The ministry examines the liberating power of naps and works with communities to install spaces where people rest together. The organization also creates workshops and performance art that looks to rest as a radical tool for community healing. Follow Hersey and ongoing projects at IG: @thenapministry and FB: @Thenapministry.

OMNOIRE

OMNoire is a wellness social community for women of color dedicated to living well from the inside out. Their mission is to connect like-minded women through events, retreats, and their online platform to cultivate strength, growth and positive manifestation in all areas of our lives. They believe that life truly begins through the interconnectivity of a healthy mind, body and spirit. Find out more by visiting omnoire.com or their IG: @OMNoire.

RECOVERY TO RELAUNCH

Recovery to Relaunch is designed to help the powerful woman get back to having the powerful impact she was created to have. Recovery to ReLaunch is an application-only 90-day emotional recovery system designed for the high performing woman who’s ready to repurpose her pain and relaunch her life after facing a major setback, trauma or life transition. Learn more at their website: recoverytorelaunch.com, as well as their IG: @heartworkdoc and FB: @HeartWorkDoc.

SELF CARE AGENCY, LLC

The Self Care Agency, founded by Anana Harris Parris aims to provide quality products, consulting, training, speakers and comprehensive programming in order to help clients to create a realistic Self Care Plan. Their ongoing projects include a Strategic Self Care Series and a virtual workshop on Strategic Self Care 101, facilitated by Harris Parris. You can also sign up for a workshop or learn more about the Self Care Agency at IG: @theselfcareagency and FB: @TheSelfCareAgency. For more resources from Anana on Strategic Self Care you can visit <https://www.selfcareagency.com/resources-specials>.

SHAWNA MURRAY BROWNE LCSW-C

An award-winning community healer, national speaker, and trained integrative psychotherapist, Murray Browne is a Liberation-Focused, Mind-Body Medicine Practitioner. As part of her work to create life-changing, community-based sacred spaces honoring culture, and to equip Black women, youth, and change-makers with the tools to heal themselves, Murray Browne offers the #HealASista Project: Inner Circle and guided meditations and workbooks for Black woman healing at www.ShawnaMurrayBrowne.com/shop, and you can find out more about her work at her IG: @healasista

The Boris Lawrence Henson Foundation

The Boris Lawrence Henson Foundation, founded by Taraji P. Henson, works to provide support and bring awareness to mental health issues that impact African American communities. They partner with other nonprofits to offer programs that educate, celebrate, and make visible the positive

impacts of mental health wellness. Their ongoing initiatives include a free virtual therapy support campaign raising money for mental health services for teens and young adults. Learn more at borishensonfoundation.org.

THE EMBODIMENT INSTITUTE

The Embodiment Institute is a training and research entity serving our embodied transformation founded by Prentis Hemphill. The institute is focused on bringing relational transformation in our communities through embodied healing and towards justice. They believe that to live out our visions for interdependence and for the abolition of harmful systems, communities and individuals have to develop embodied and emotional capacities that reinforce these visions and make them possible. Learn more about their ongoing projects at IG: @the.embodiment.institute

THERAPY FOR BLACK GIRLS

Therapy for Black Girls is an online space dedicated to encouraging the mental wellness of Black women and girls. The organization connects Black women and girls to therapists near them. Creator Dr. Joy Harden Bradford also hosts a popular podcast and blog with the same name. You can search for a therapist in their online directory at <https://providers.therapyforblackgirls.com/> and learn more at their blog and IG: @therapyforblackgirls

THERAPY THAT LIBERATES

Therapy That Liberates was created as a response to the Baltimore grassroots community requesting mental health professionals and healers centering Black liberation and healing. This is an initiative of Kindred Community Healing and centered on Shawna Murray-Browne's Liberation-Focused Healing framework. Follow Therapy that Liberates on IG: @therapythatliberates, and check out their website: therapythatliberates.com.

Urban Yoga Foundation

Urban Yoga Foundation (UYF) is a 501c3 non-profit founded by Ghylian Bell to create yoga and mindfulness programs that specifically target the needs of students and people of color. UYF serves all who are seeking a path to wellness. UYF's Integrative health and mindfulness programs, yoga classes, meditations, professional development workshops and teacher training sessions were created for yoga teachers, therapists, nurses, parents, caregivers, social workers and all who intend to teach in highly stressed areas.

PODCASTS/APPS:

LIBERATE APP

Liberate is a subscription-based meditation app that includes practices and talks designed for the Black community. Liberate is led by BIPOC teachers and designed for the Black experience. The app is designed to support Black folks on their path to healing by naming and offering resources for common cultural experiences, like internalized racism and microaggressions. To download, or to find out more visit their website at liberatemeditation.com.

LIFE, I SWEAR PODCAST

Chloe Dulce Louvouezo is the host of Life, I Swear, a podcast that brings together Black women to share reflections about trials in their lives and what helped them heal, connect, and process. Through one-on-one interviews and personal prose, the podcast uses personal stories to offer universal insights into topics relevant to modern women's lives, from identity and vulnerability to trauma and resilience, told through the lens and voices of Black women. You can learn more about the podcast and subscribe at Spotify and Apple podcast, and find their social media at IG: @lifeiswear

BOOKS/ARTICLES:

Black Pain: It Just Looks Like We're Not Hurting, by Terrie M. Williams

A Burst of Light: and Other Essays by Audre Lorde

Mindful of Race: Transforming Racism from the Inside Out by Ruth King

My Grandmother's Hands: Racialized Trauma and the Pathway to Mending Our Hearts and Bodies, by Resmaa Renakem

Pleasure Activism: The Politics of Feeling Good by Adrienne Maree Brown

Post Traumatic Slave Syndrome by Dr. Joy DeGruy

Return to Presence: A Liberatory Workbook in Mind-Body Healing for Changemakers in Human Service Professions, by Shawna Murray-Browne

Sacred Woman: A Guide to Healing the Feminine Body, Mind, and Spirit by Queen Afua
Self Care Matters: A Revolutionary's Approach, by Anana Harris Parris

You Belong: A Call for Connection, by Sebene Selassie

Radical Self-Care is a Necessity for Black Women (Tariro Mantsebo, Girls Globe, 9/1/20)

"Meet The Women Making Inclusive Creative Spaces For Black Joy: "If I Don't Do This Work, Who Will?"" (Pia Peterson, BuzzFeed News, 2/17/21)

"Celebrating Black Joy as an Alternative Form of Resistance and Reclaiming of Humanity" (Kim Pham, Voice of OC, 2/1/21)

Johns Hopkins Health blog, **"Mental Health Among African-American Women"** (Reviewed by Erica Martin-Richards, Hopkins Medicine)

"Black Women Are Facing an Overwhelming Mental Health Crisis" (Lynya Floyd, Prevention.com, 11/6/20)

Essence articles about self care - **All articles sorted by "self-care"** in Essence Magazine

"Belonging in the Body" (Sebene Selassie, Tricycle Magazine, 2020)

"4 Reasons I Struggle To Say No & How I'm Overcoming Them" (Sebene Selassie, Mind Body Green, 8/26/20)

"Why Radical Self-Care Cannot Wait: Strategies for Black Women Leaders NOW" (Shanta M. Smith, Penn GSE Perspectives on Urban Education)

"Why We Get Off: Moving Towards a Black Feminist Politics of Pleasure" (Joan Morgan, The Black World Foundation, 2015)

MERCHANDISE AND OTHER ITEMS

LOVINGME TEES

Owned by Eleana Johnson, Loving Me Tees is a self-love apparel brand created to empower females to love and accept themselves from the inside out. Their Tees are statements of love celebrating self-love and body positivity. Their Tees come in black or white, because when it comes to love, there is no gray space. To purchase your Tee or to find out more about LovingMe Tees visit <https://lovingmetees.com/>

LITTLE BLACK BOUTIQUE

Founded by Isis-Rae Goulbourne, Little Black Boutique is a collection of tools to help you reconnect with your truth, find your balance, and embrace your full power. Incorporate these tools and practices into your life, and you will break through barriers, reaching beyond what you ever thought possible. Find out more by visiting their website <https://www.littleblack.boutique> or check out their IG: @littleblack.boutique

BLACK SELF CARE TALK

Black Self Care Talk is all about uplifting the Black community by promoting Self Love and Self Care. This brand was created by Geena Williams to be a place where Black men and women could come together to pray, vent, laugh, and heal. Check out their collections of apparel and accessories by visiting <https://blackselfcaretalk.com/> or follow their IG for daily prayers and affirmations @blackselfcaretalk

LOVEWELL

LoveWell aims to strengthen spiritual and emotional bonds between families and communities alike. In order to achieve this goal, the brand hosts wellness workshops, meditation groups, and social forums. LoveWell also sells candles designed to emit pleasant and therapeutic aromas, in order to maintain peace, joy, and wellness in our homes. To purchase a candle, visit <https://www.lovewell-min.com/online-store>.

LADY ROSE SPECIALTY TEAS

Lady Rose Specialty Teas creates natural herbal tea blends that come in numerous forms, including drinkable teas, herbal hair care products, and herbal bath blends. Per their mission statement, Lady Rose created these blends to serve as the ultimate ode to self-care, empowerment, health, and wellness. Learn more by visiting <https://ladyroseteas.com/> or checking out their Instagram @ladyrosespecialtyteas.

LUV SCRUB

Using West African beauty techniques, Luv Scrub primarily creates mesh body exfoliators that People described as "the new [loofahs]." The exfoliator easily removes dirt and dead skin, and comes in multiple colors. Check out their collection or purchase a gift card here: <https://www.theluvscrub.com/shop>.

WE ARE MAUD

We Are Maud sells a wide range of useful products, including but not limited to affirmation cards, stationery, apparel, and chakra crystals. Key to their mission is the desire to level the artisanal playing field by primarily sourcing their products from women and BIPOC. Through their brand, they are helping to "[create] an ecosystem where people and profits can co-exist." Buy their products here: <https://wearemaud.com/>; check out their Instagram under the handle @wearemaud.

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