



African American Brave Safe Space

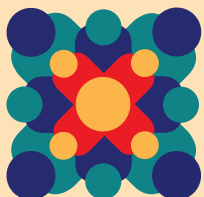
Our Brave Safe Space is an empowering, non-biased, and nonjudgmental space shared with people who not only look alike, but also share some of the same experiences and frustrations. It is a space where African Americans in the behavioral health field can come together to:

- take care of our mental and emotional well-being;
- feel empowered;
- celebrate our heritage;
- understand our shortcomings;
- feel each other's pain;
- connect our energy;
- relax; and
- enjoy the ambience of the space through, art, games, and therapeutic exercises.

In our brave safe space we will be able to show up authentically and unapologetically for who we are. We can share our similarities, while embracing our differences.



Please join us the second Thursday of each month, beginning December 8, 2022, from 7:30pm – 9:00pm EST via this zoom link: <https://us02web.zoom.us/j/89190741128>
Meeting ID: 891 9074 1128



African American
Behavioral Health

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Contact Us

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