

TOWN HALL # 5



**FAMILY VOICES
UNITED TO END RACISM
AGAINST
CYSHCN & THEIR FAMILIES**



DEEPER DIVE

INFORMATION



MULTIMEDIA



**BLACK RUN MENTAL HEALTH & WELLNESS PODCASTS
WOMEN SOUND OFF**

THE FRIEND ZONE - THE OTHER SIDE OF THERAPY

OPRAH'S SUPERSOUL CONVERSATIONS -BREAKING FREE

FIREFLIES UNITE PODCAST W/KEA
**THE CONNECTION BETWEEN MENTAL HEALTH ILLNESS &
HOMELESSNESS**

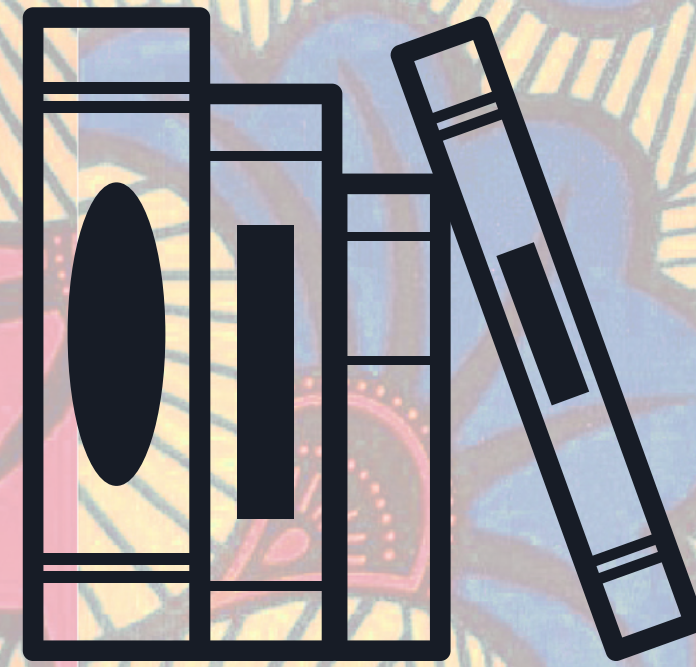
A DIFFERENT PERSPECTIVE - BLACK MENTAL HEALTH



BLOG



READINGS



BOOKS 17+
Good Reads/Amazon

BLACK AND AFRICAN AMERICAN MENTAL HEALTH-INFOGRAPHIC & DATA

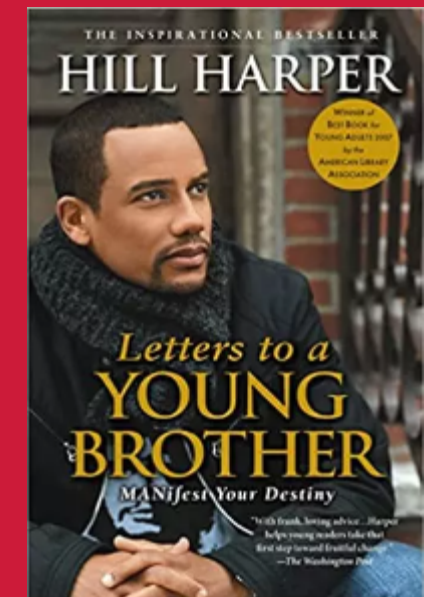
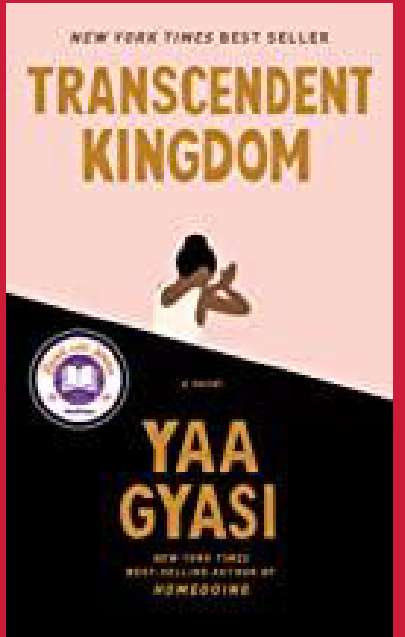
BLACK MENTAL HEALTH ALLIANCE

THE ASSOCIATION OF BLACK PSYCHOLOGISTS

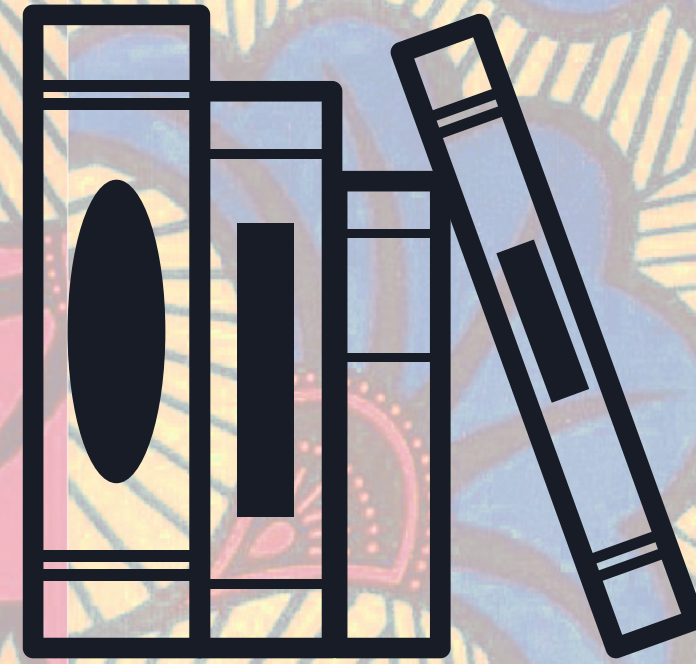
THE NATIONAL ASSOCIATION OF BLACK SOCIAL WORKERS

ACES & TOXIC STRESS

MORE ON ACES FROM DR NADINE BURKE



READINGS



HOW RACISM CAN AFFECT CHILDHOOD DEVELOPMENT

MASS INCARCERATION, STRESS AND BLACK INFANT MORTALITY

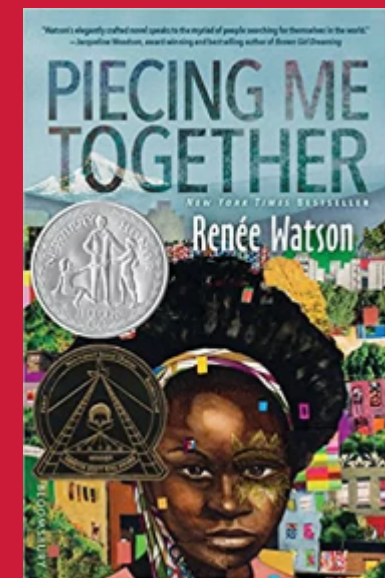
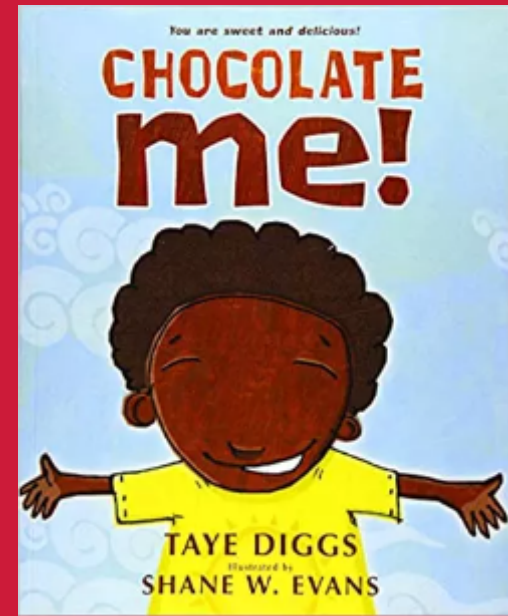
TALKING TO KIDS ABOUT RACE

RACIAL STRESS AND SELFCARE

TRYING TOGETHER COMMUNITY TOOLS

RACIAL EQUITY TOOLS

**Books on resilience
Amazon/Goodreads**





JAMS TO SOOTHE YOUR SOUL

AIN'T GO NO-I GOT LIFE
NINA SIMONE

DEAL WHERE I'M AT (DWIA)
BY SANYU ESTELLE

APPLE
SPOTIFY

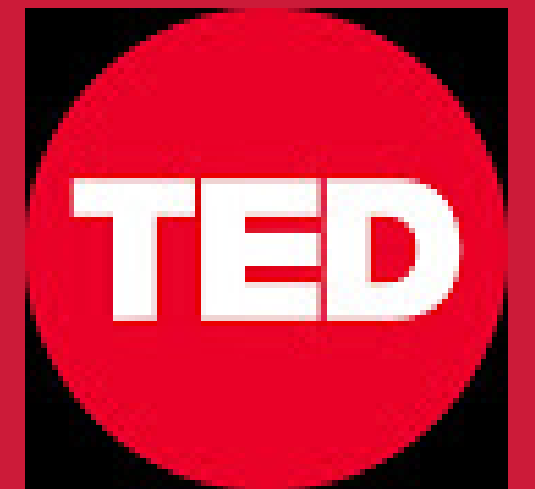


Jennifer Lewis (Black-ish)_
Opens up about Bipolar Disorder

Dr Nadine Burkes: How childhood
trauma affects health



The trauma of systemic racism is
killing black women



MEET TEAM FAM U

Shea Cleveland

Nanfi Lubogo

Yetta Myrick

Cara Coleman

Roseani Sanchez

Allysa Ware

Nora Wells



FAM U ADVISORYGROUP

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