

Healing Centred Engagement Series:

Navigating the System: Mental Health and Wellness for Black Parents/Caregivers

Join us for the first edition of our Healing Centred Engagement Series hosted by Social Workers from the Centre of Excellence for Black Student Achievement.

This session will feature a panel conversation with Black professionals and Black-serving organizations on supporting the mental health and well-being of Black students and their families.



June 1, 2023 | 6 – 7:30 p.m. | Zoom

In this session Black parents/caregivers will:

- Explore the impact of systemic anti-Black racism on mental health;
- Build tools for nurturing joy and wellness;
- Learn strategies on how to support a child's well-being;
- Engage in knowledge sharing of Black-affirming mental health programs and services.

Register Here!

<https://bit.ly/3LYGgKe>

