Black History Month signifies a special time to remember our struggles and our triumphs. We invite you to a night of reflection and awareness, as we celebrate Black mental health with this healing space for the times at hand.

We welcome you to share, engage, pose questions, there’s room to just be present in community. Make it a night of takeaway as we share conversation on wellness, coping strategies and mental health journeys of resilience.

Join our host, Ishaq Al Saadiq as he reflects and shares stories of the past on a journey into the present and hopes of the future.

This event is intended for black identifying individuals

16th Feb 2022, 6pm
Register Here on Eventbrite: