

Supporting Black women on their journey to heal from historical and personal traumas

Create a Safe Space

Black women have a greater risk and vulnerability to mistreatment.

Listen First, Respond After

Your time with them should focus on their diverse and unique needs.

Empower Effective Coping Strategies

Black women tend to seek support from their social circles, faith communities or other spiritual spaces.

Validate Lived Experiences

Many Black women live, work, and study in predominately White environments. They may mask their feelings of isolation, invisibility, and hardship and opt to silence their traumas and lived experiences to maintain strength.

