

Please Join Us!

Promoting Mental Wellness and Resiliency in the African American Community

A Workshop Series Presented by the Illinois Children's Mental Health Partnership

Co-sponsored by:

Illinois African American Coalition for Prevention

National Association of Black Social Workers - Chicago Chapter

Community of African American Mental Health Professionals (CAAMHP)



Choose one of these Chicago locations and dates:

Tuesday, August 3

12:30PM to 4:30PM
De La Salle Institute
3434 S. Michigan Avenue

OR

Wednesday, August 4

12:30PM to 4:30PM
University of Illinois at Chicago,
Student Center East
750 S. Halsted Street

Under the best of circumstances, navigating the tricky waters of adolescence is a challenge. Young people face pressures and even traumatic events at school, in the home, from their peers and more. Such struggles can manifest in obesity; street, dating or domestic violence; risky sexual behaviors; and dropping out of school. Yet, stigma and other barriers are preventing too many young people from getting the help and support they need.

MEE, an urban communications firm which brings authentic, grassroots youth voices to the most challenging public health issues, will share excerpts from its searing documentary, *Moving Beyond Survival Mode: Promoting Mental Wellness and Resiliency as a Way to Cope with Urban Trauma*. The workshop also includes information gathered from research with African American parents and young adults, along with service providers on the "front lines" across the country. The findings have important implications for how we deliver mental health services to the African American community.

We are bringing together key stakeholders in Chicago to start a conversation about community-level solutions. Following a presentation of MEE's key research findings, we will break out into working groups for shared reflection on how various segments of our community can come together and use this information to positively impact the mental and emotional health of today's youth.

Space is limited. Please RSVP by e-mailing the attached registration form to akirk@voices4kids.org.

BE PART OF THE DIALOGUE!

