

*ONLINE PRESENCE*

# BLACK CHRISTIAN WOMEN



PRISCILLA SHIRER  
GOING BEYOND MINISTRIES



MORGAN TRACY J  
HIS DAUGHTER'S CLOSET



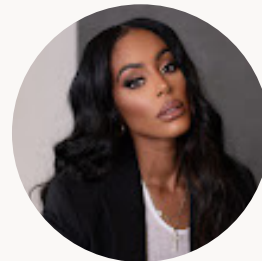
JACKIE HILL PERRY  
GLORY



MELODY ALISA  
FOR HIS GLORY, SISTERHOOD



RADIJAH & RANIYA  
SOFT LIFE THROUGH CHRIST

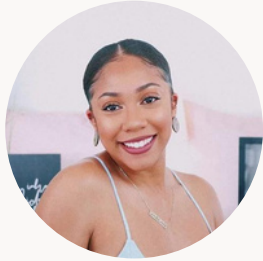


MEGAN ASHLEY  
IN TOTALITY

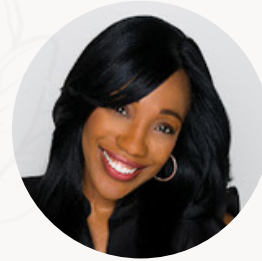


*ONLINE PRESENCE*

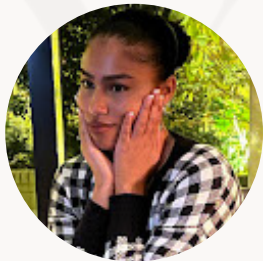
# BLACK CHRISTIAN WOMEN



JAE LAN D.  
FACEOVERMATTER



NADINE RAPHAEL  
BUT GOD



LOVE LEIGH  
LOVELY LIVING THROUGH CHRIST



KYLIA JACKSON  
ORGANIZE MY THOUGHTS

*REMEMBER, SISTERHOOD IS KEY.* THESE RESOURCES OFFER A PLATFORM TO CONNECT WITH OTHER BLACK CHRISTIAN WOMEN WHO UNDERSTAND YOUR EXPERIENCES AND CHALLENGES. EMBRACE YOUR JOURNEY: LET THESE PODCASTS, CHANNELS, AND WEBSITES BE YOUR COMPANIONS AS YOU EXPLORE YOUR FAITH, NURTURE YOUR MENTAL HEALTH, AND DISCOVER THE BRILLIANCE OF WHO YOU ARE IN CHRIST.

*Above all, know this: You are worthy, valued, and loved. Your journey is unique and powerful. May these resources guide you with light, laughter, and love on your path towards self-discovery and fulfillment.*



# *ALL THINGS* WELLNESS



## BLACK WOMEN FOR WELLNESS

WE ENERGIZE, MOBILIZE AND SUPPORT BLACK WOMEN TO TRANSFORM THEIR HEALTH AND THEIR LIVES THROUGH EDUCATION, ADVOCACY, SUPPORT, AND POWERFUL PARTNERSHIPS.

## BLACK GIRLS BREATHING

BLACK GIRLS BREATHING® PROVIDES A SAFE SPACE FOR BLACK WOMEN AND GIRLS TO ACTIVELY MANAGE THEIR MENTAL HEALTH AND HEAL THEIR TRAUMA THROUGH BREATHWORK AND COMMUNITY.

[» Learn more](#)



## THE WELL DONE LIFE PODCAST

BUILDING A "SAFE SPACE" WHERE WOMEN CAN SUPPORT EACH OTHER, SHARE EXPERIENCES, & LIVE THEIR BEST LIVES.

## BLACK WELLNESS & PROSPERITY CENTER

WE STRIVE FOR DURABLE, TRANSFORMATIVE SYSTEMS-LEVEL IMPROVEMENTS BY INSTITUTIONALIZING ADVOCACY FOR BLACK WOMEN AND DECISION POWER-SHARING WITH BLACK WOMEN THROUGHOUT PREGNANCY AND BEYOND DELIVERY

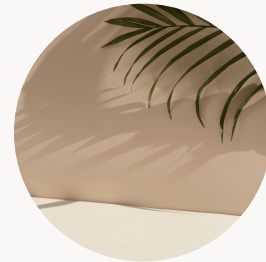


*YOUR GO TO FOR*  
MENTAL HEALTH



THERAPY FOR BLACK GIRLS

THERAPY FOR BLACK GIRLS IS AN ONLINE SPACE DEDICATED TO ENCOURAGING THE MENTAL WELLNESS OF BLACK WOMEN AND GIRLS.



THE LOVELAND FOUNDATION

OUR RESOURCES AND INITIATIVES ARE COLLABORATIVE AND THEY PRIORITIZE OPPORTUNITY, ACCESS, VALIDATION, AND HEALING.



988

988 SUICIDE AND CRISIS LIFELINE, TEXT OR CALL



CRISIS TEXT LINE

TEXT HOME TO 741741 TO REACH A VOLUNTEER CRISIS COUNSELOR



PSYCHOLOGY TODAY

FIND A THERAPIST



WE THE URBAN

CELEBRATING SELF-LOVE, INCLUSIVITY, & MARGINALIZED VOICES. OUR POSTS HAVE PROVEN TO BOOST PERSONAL POWER BY 1000%



*ACCESS SAFE AND ADEQUATE*

# MATERNAL HEALTH



## BLACK MATERNAL HEALTH CAUCUS

THE BLACK MATERNAL HEALTH CAUCUS IS ORGANIZED AROUND THE GOALS OF ELEVATING THE BLACK MATERNAL HEALTH CRISIS WITHIN CONGRESS AND ADVANCING POLICY SOLUTIONS TO IMPROVE MATERNAL HEALTH OUTCOMES AND END DISPARITIES.

---



## BLACK INFANT HEALTH

THE CALIFORNIA BLACK INFANT HEALTH (BIH) PROGRAM AIMS TO IMPROVE HEALTH AMONG BLACK MOTHERS AND BABIES BY EMPOWERING PREGNANT AND MOTHERING BLACK WOMEN TO MAKE HEALTHY CHOICES FOR A BRIGHTER FUTURE.

---



## BLACK MOTHERS UNITED | HER HEALTH FIRST

WE IMPROVE AFRICAN AMERICAN WOMEN'S ACCESS TO THE HEALTH SYSTEM AND RECLAIM POSITIVE BIRTH EXPERIENCES.

---



## BLACK MAMAS MATTER ALLIANCE

THE BLACK MAMAS MATTER ALLIANCE (BMMA) IS A BLACK WOMEN-LED CROSS-SECTORAL ALLIANCE THAT CENTERS BLACK MAMAS AND BIRTHING PEOPLE TO ADVOCATE, DRIVE RESEARCH, BUILD POWER, AND SHIFT CULTURE FOR BLACK MATERNAL HEALTH, RIGHTS, AND JUSTICE.

---



## BLACK MOTHERS UNITED

WE EMPOWER WOMEN BY PROVIDING THEM THE RESOURCES TO RECEIVE RISK-APPROPRIATE MATERNAL CARE.

