

THE HEALTH AND HUMAN RESOURCE EDUCATION CENTER INVITES YOU TO

# CELEBRATE BLACK HISTORY



## Wednesday, Feb. 15, 10-11:30am | Wellness NOW: Where Do We Need To Get To? Black Men Speak

Formerly incarcerated men share their experiences of returning home; a former prison guard gives a unique aspect of being on the inside.

Panelists: Damon Shuja Johnson, Oscar Grant, Jr., Shubar Lattif, Marshall Williams

Facilitator: Gaylon Logan, Ex. Director Village-Connect

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## Monday, Feb. 20, 10-11:30am | Cross-Cultural Collaboration & Coalition-Building Rev. Dr. Toni Dunbar and Rev. Floyd Thompkins

Rev. Dr. Toni Dunbar and Rev. Floyd Thompkins will share principles of cross-cultural collaboration for creating successful coalitions of public health, faith communities, and community-based organizations. We will explore the surprising emergences of “cosmology, humanism, and grace” that equitably and powerfully enable public-plus-private coalitions to provide services that neither can effectively offer alone. [REGISTER HERE](#)



## Wednesday, Feb. 22, 1-2:30pm | DeColonizing the Psyche; Restoration and Renewal Dr. Amber McZeal

Dr. McZeal weaves somatic practice with social justice and spirituality that explore the decolonial turn in psychology and emergent perspectives shifting healing approaches, attitudes and practices. A cultural change agent she emboldens & empowers organizations and community members to create new and positive actions for the best mental health practices. [REGISTER HERE](#)



## Thursday, Feb. 23, 10-11:30am Recognizing and Reducing Stress Symptoms LaFreshia “Free” Brown, LPCC, CADC

Free Brown is a licensed psychotherapist in California and Texas with over 13 years of experience. She is a clinician, consultant, and program developer. She is the founder of Sankofa Garden, which seeks to merge horticulture therapy, art, and sustainable food production. She is the owner of Thera Share, a group practice and co-working space for BIPOC therapists. [REGISTER HERE](#)



## Friday, Feb. 24, 10-11:30am | Blessed not to be Stressed Pastor Maria Reems

Pastor Reems is a wife, mother of three daughters and Co-Pastor of the Center of Hope Community Church in Oakland Ca. and serves alongside her husband, Pastor Brandon Reems. Pastor Maria is an anointed speaker, preacher and teacher. She is the founder of Women on the Move. Following in the footsteps of her mother Bishop Ernestine Reems, Pastor Maria is a strong advocate for women and promotes spiritual healing as an empowerment tool. [REGISTER HERE](#)

**CBL Trainings are free to Alameda County residents and service providers. Visit [acmhsa.org](http://acmhsa.org)**

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