

# 7 Keys to Emotional Wellness and Black Empowerment



These healing circles, for Black people, will connect our African roots, wisdom and brilliance to strategies for dealing with racial macro/micro aggressions, strengthening our communities, families, relationships and more! Join the Denver-Rocky Mountain Association of Black Psychologists and In-Balance Dance Studio for rich discussions on the 7 Keys to Emotional Wellness, and Black Empowerment!



Only 20 slots  
available!  
RSVP today!

[drmabpsi@gmail.com](mailto:drmabpsi@gmail.com)



Weekly on Saturdays from  
March 23rd to April 20th  
10am-1pm

at In-Balance Dance Studio

2820 East Pikes Peak, Colorado Springs, CO 80909

Light refreshments will be served.

This is also a FREE professional development opportunity in emotional health. Participants will receive a certificate of completion and a \$100 Visa Gift card for their commitment to finishing all of the Empowerment series.



## What participants are saying:

*"My energy and spirit is lifted!"*

*"I always want to stay a little longer.  
This is my self-care"*

  
COMMUNITY  
HEALING  
NETWORK

