



Denver-Rocky Mountain Association of  
Black Psychologist

# 7 KEYS TO EMOTIONAL WELLNESS AND BLACK EMPOWERMENT

**Ubuntu - I AM Because WE ARE**



*IMAGINE A WORLD... in which all Black people have moved beyond surviving to flourishing, and are enjoying life in all its fullness, in body, mind, and spirit!*

Join us for a multigenerational discussion series involving 7 Keys for Emotional Wellness and Black Empowerment. Enjoy music, food, fun, reflection and cultural connection! These gatherings are designed for people of African/Black heritage to revitalize ourselves, communities and relationships.

*Afro-Futurism. Let's build and create a different future!*

These sessions will be available from January 2025 - May 2025 every Saturday with start times 10am to 11:30am. To register and for additional information text 719-501-1348 or email [mahasinsdream@in-balancedance.com](mailto:mahasinsdream@in-balancedance.com).

In-Balance Dance Studio  
2820 East Pikes Peak Ave.  
Colorado Springs, CO 80909  
Call 719-394-8877 for more information.

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