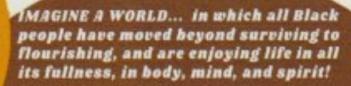


Denver-Rocky Mountain Association of Black Psychologist

## 7 KEYS TO EMOTIONAL WELLNESS AND BLACK EMPOWERMENT

Ubuntu - I AM Because WE ARE



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.

In-Balance Dance Studio 2820 East Pikes Peak Ave. Colorado Springs, CO 60909 Call 719-394-8877 for more information.

RECIEVE A \$100 GIFT CARD!



