

# 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 Rocky Mountain Association of Black Psychologists and In-Balance Dance Studio for rich discussions on the 7 Keys to Emotional Wellness, and Black Empowerment!

Every Wednesday, for 10 sessions  
starting October 25th, 2023

5:00 - 6:30pm

In-Balance Dance Studio  
2820 East Pikes Peak Ave.

Colorado Springs, CO 80909

Call 719-394-8877 for more information.



What participants are saying:

*"My energy and spirit is lifted!"*

Light refreshments will be served.

*"This is the first time I've been in a healing circle and we talk about solutions."*



COMMUNITY  
HEALING  
NETWORK™

