

Mind, Body & Soul

HEALING BEGINS IN COMMUNITY.

Mind, Body & Soul is BEL's holistic wellness initiative dedicated to the emotional, mental, physical, and social well-being of Black lesbians and Black queer women. Through culturally affirming programming, we create intentional spaces where our community can connect, heal, grow, and thrive together.

OUR PROGRAMS



The Community Check In



A virtual gathering for Black lesbians and Black queer women to connect, reflect, and be in community. The main room centers guided conversation, peer support, and collective care. When available, a therapist or mental health professional may host optional breakout support conversations.



WEEKLY
SUNDAYS

Purpose: Connect



Soul in Motion



Monthly wellness experiences led by licensed professionals and community practitioners. Offerings may include yoga, sound baths, meditation, breathwork, stretching, reiki, and somatic practices.



MONTHLY AS
SCHEDULED

Purpose: Restore



Masculine of Center Healing Circle



A dedicated wellness space created specifically for masculine-of-center Black lesbians and Black queer women. A space for connection, meaningful conversation, healing, and community.



MONTHLY

Purpose: Heal



Rooted in Wisdom



Ages 50+

A safe and affirming space for Black lesbians ages 50+ to connect, reflect, and support one another through guided conversations, storytelling, and reflection.



MONTHLY

Purpose: Honor



You belong here.

Together, we build a healthier, stronger, and more connected community—mind, body, and soul.

This is BEL. This is us. This is our time.



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Be Strong & Healthy

• WELLNESS GROWS THROUGH MOVEMENT, NOURISHMENT, KNOWLEDGE, AND CARE. •

Be Strong & Healthy is BEL's wellness initiative focused on supporting the physical health and overall well-being of Black lesbians and Black queer women. Through accessible and affirming programming, we create opportunities to move, learn, nourish ourselves, and build healthier habits together.

• OUR PROGRAMS •



BEL Moves

A movement-centered wellness program that encourages participants to stay active through community-based fitness, walking, stretching, and other accessible physical wellness activities.

Purpose: Move



AS SCHEDULED



NourisHER

A nutrition and wellness education program designed to help participants build healthier relationships with food through practical guidance, nourishment, and sustainable habits.

Purpose: Nourish



MONTHLY



BEL Health Hour

A health-focused learning space that offers conversations, education, and resources on topics such as women's health, prevention, chronic illness awareness, and whole-person well-being.

Purpose: Learn



MONTHLY



Meal Prep Sundays

A practical wellness space where participants explore meal planning, simple prep strategies, and healthier routines that make nourishing themselves easier throughout the week.

Purpose: Prepare



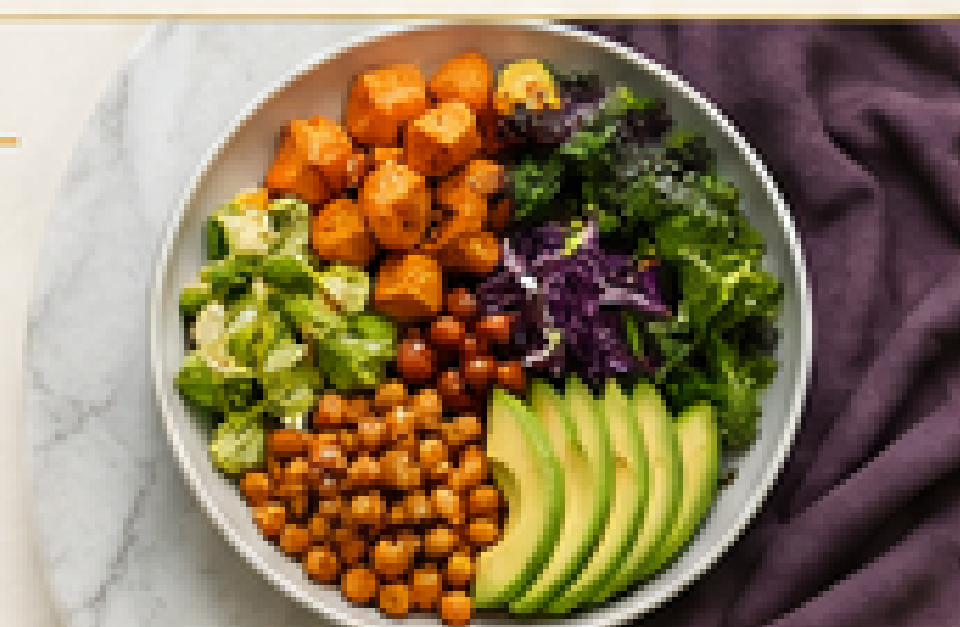
SELECT SUNDAYS



• Your health matters. •

Together, we build a healthier, stronger, and more connected community through movement, nourishment, education, and care.

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BEL Wealth & Legacy



Building financial freedom, security, and long-term legacy.

BEL Wealth & Legacy supports Black lesbians and Black queer women through practical financial education and empowering conversations about wealth-building, stability, and creating lasting community legacy.



Secure the Bag

6-Week Financial Literacy Program

A practical financial empowerment program designed to strengthen your money foundation and build confidence with everyday finances.

- Budgeting
- Saving
- Debt Management
- Credit Building
- Investing Basics



Purpose:
Learn



6-Week
Program



COMMUNITY
KNOWLEDGE.
LEGACY.



Keys to Generational Wealth

HOMEOWNERSHIP. PROTECT IT. BUILD IT. KEEP IT.

A quarterly virtual discussion series focused on building and keeping generational wealth through homeownership. Learn how to buy smart, maintain your home, and make repairs that protect your investment—without going into debt or risking your home.

- Achieving Homeownership
- Maintaining Your Home
- Smart Repairs & Upgrades
- Avoiding Debt & Scams
- Protecting Your Legacy



Format:
**Quarterly
Virtual Discussions**



Purpose:
**Build, Protect,
& Preserve**

Your wealth. Your future. Your legacy.

THIS IS BEL. THIS IS US. THIS IS OUR TIME.



EDUCATE

Gain the knowledge to build wealth with confidence.



EMPOWER

Connect with community and resources that support your growth.



BUILD

Create financial stability and assets for you and future generations.



PRESERVE

Protect your home, your peace, and your legacy.



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EmpowerHER

Leadership. Opportunity. Community.

EmpowerHER supports Black lesbian and queer women through education, leadership development, workforce readiness, and community connection.

Through intentional programming, we create pathways for growth, confidence, and long-term impact.



BEL Elevate

Workforce Development

BEL Elevate provides access to online certification opportunities through a grant from Coursera, helping members build in-demand skills, strengthen their resumes, and advance their career goals.

- Online Certifications
- Career Readiness
- Skill Building
- Career Advancement



Purpose:
Learn



BEL Legacy Leaders

Fellowship Program

BEL Legacy Leaders is our fellowship program for undergraduate and graduate students, providing hands-on experience, mentorship, leadership development, and opportunities to make an impact in our community.

- Hands-On Experience
- Mentorship
- Leadership Development
- Professional Growth



Purpose:
Lead



EmpowerHER Virtual Cohort

*For High School Students
Facilitated by College Students*

A 6-week virtual program designed to empower high school students through leadership development, life skills, college and career readiness, and self-discovery—facilitated by college students who lead, mentor, and inspire.

- Leadership & Life Skills
- College & Career Readiness
- Peer Mentorship
- Confidence & Community



Format:
**6-Week
Virtual Cohort**

One Sisterhood. Many Paths. Limitless Impact.

Together, we empower each other and build a legacy that lasts.



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SoulRoot Collective

Environmental Justice. Community Care. Collective Liberation.

SoulRoot Collective is BEL's environmental justice and sustainability initiative. It creates space for Black lesbians and Black queer women to reconnect with the earth, deepen environmental awareness, and take collective action toward healthier communities and a more just future.



Green & Grounded

Environmental Wellness Workshops

A community learning series exploring the connection between environmental wellness, sustainable living, and personal well-being.

- Sustainable Living Tips
- Nature-Based Wellness
- Climate Awareness
- Everyday Eco Practices



Purpose: **Learn**



Rooted in Action

Community Service & Stewardship Days

Hands-on opportunities to care for our communities through cleanups, greening projects, mutual aid, and neighborhood environmental stewardship.

- Community Cleanups
- Garden Projects
- Mutual Aid
- Collective Service



Purpose: **Act**



Earth Justice Conversations

Virtual Discussion Series

A brave learning space to explore environmental racism, climate justice, food access, and how advocacy can support healthier futures for our communities.

- Environmental Racism
- Climate Justice
- Food Access
- Advocacy & Policy



Purpose: **Empower**



Our environment. Our health. Our liberation.

Together, we nurture the earth, protect our communities, and build a future rooted in justice.



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Other BEL Projects

Connection. Access. Visibility.

BEL's expanding projects create meaningful pathways for community connection, practical support, visibility, and knowledge-building for Black lesbians and Black queer women. These initiatives help strengthen our network, advance justice, and make it easier for our community to find one another, be heard, and thrive.



1 BEL Professional Network

Career Connection & Community Building

A growing space for Black lesbian and queer women professionals to connect, build meaningful relationships, share opportunities, and support one another's personal and career growth.

- Networking Opportunities
- Peer Support
- Resource Sharing
- Professional Growth

Purpose: Connect



2 BEL Period Access & Justice

Advocacy, Education & Essential Support

A community-centered initiative focused on period equity, body literacy, and expanding access to menstrual products and honest conversations about reproductive health and dignity.

- Period Equity
- Community Education
- Access to Supplies
- Health Advocacy

Purpose: Empower



3 The Lavender Index Directory

Visibility, Resources & Community Discovery

A directory project designed to increase visibility and help Black lesbians and Black queer women discover affirming businesses, services, organizations, and community resources.

- Community Listings
- Affirming Resources
- Increased Visibility
- Strong Connections

Purpose: Discover



4 BEL Research & Insights

Community Data, Stories & Advocacy

A research-centered initiative that gathers community experiences, surveys, and insights to better understand the needs of Black lesbians and Black queer women and to inform BEL's programs, advocacy, and future work.

- Needs Assessments
- Community Surveys
- Research Interviews
- Data-Informed Advocacy

Purpose: Inform



Our community. Our resources. Our knowledge. Our future.

Together, we connect, uplift, research, and create stronger pathways for Black lesbians to be seen, supported, and empowered.

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