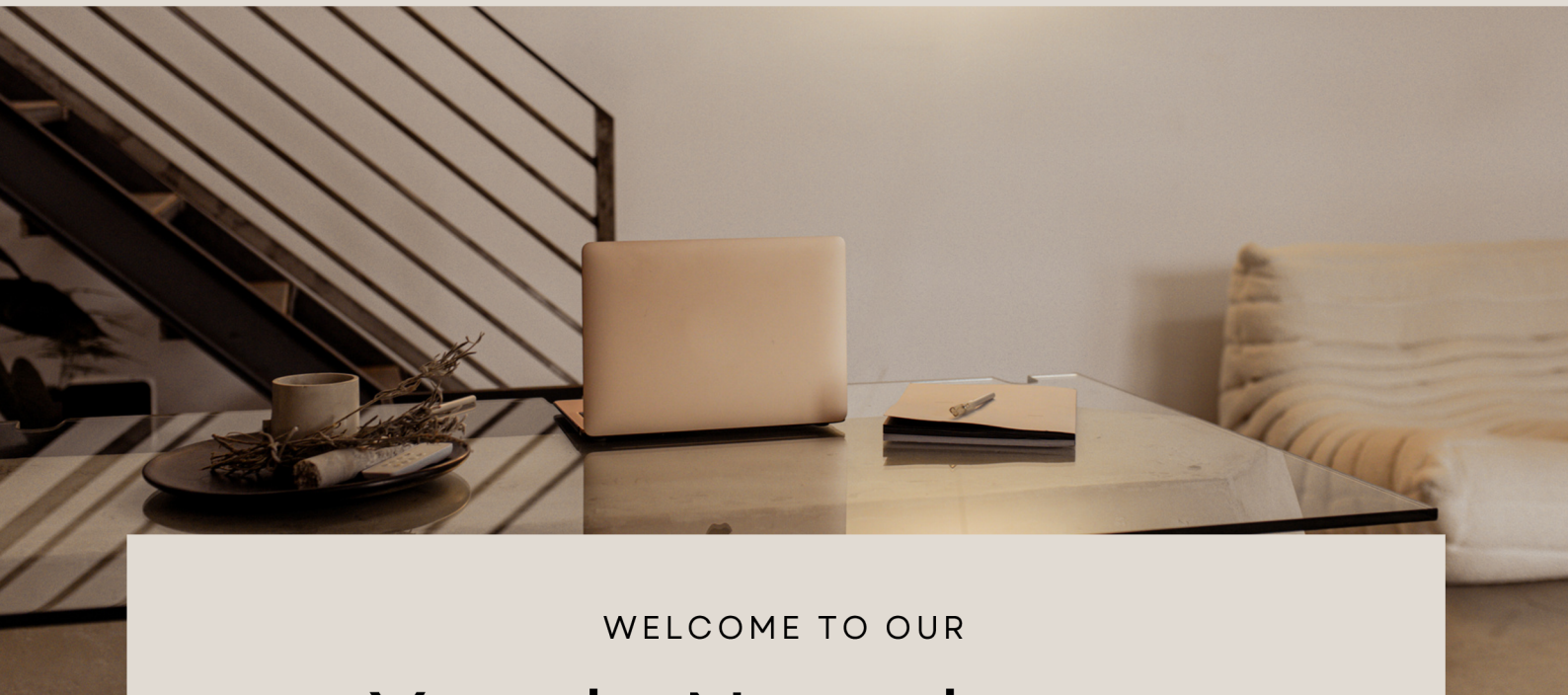


MELANIN MOMMIES PGH, INC. 2024 YEAR-END WRAP-UP NEWSLETTER



WELCOME TO OUR

Yearly Newsletter

◆ A Message from Our Team



As we close out 2024, we reflect on the impact and growth of our programs and services. We are incredibly grateful to our stakeholders, funders, and community partners who have supported us throughout this journey. Together, we have accomplished so much to uplift and empower Black mothers, children, and families in Pittsburgh. Here is a recap of our year and the milestones we've achieved together.



In this newsletter you will find:

Program & services, successful events, impacts, free resources, and more. Keep Reading!



Our Programs & Services

H.E.A.L TOGETHER™ IN-SCHOOL URBAN PATHWAYS K-5

Our clinical team provides mental health support through therapy sessions, coping workshops, and evidence-based interventions tailored to elementary students.



H.E.A.L TEENS: YOUTH PLACES COLLABORATION

Our "Let's T.A.L.K Teens" program offers vital mental health resources to youth in partnership with Youth Places.



H.E.A.L TOGETHER™

A clinically competent, trauma-informed therapy group for Black mothers and children affected by gun violence in low-income communities.



MOMMY Y.A.N.A. (YOU ARE NOT ALONE)

Through mentorship, we connect mothers to resources such as parental education, mental health counseling, professional development, and financial education.



MOMMY RELIEF FUND

Offering self-care items, utility assistance, small grants, and more to mothers in need.

SAFEGUARD HOUSING RESOURCE

Providing secure housing assistance, moving support, and resources for Black mothers and children.



#BLACKBABIESDOSWIMPGH

In partnership with Thelma Lovette YMCA, this initiative combats the stigma that Black children don't swim by providing swimming lessons in Allegheny County.



New Additions to Our Staff

This year, we welcomed incredible professionals to our team, further enhancing our capacity to serve the community.



TORIE DAY
Case Support Advocate



VENEA KING
H.E.A.L. Together™ K-5 In School Therapist

Our 2024 Main Program: H.E.A.L. Together K-5

The H.E.A.L Together K-5 In-School Program is a trauma-informed curriculum designed for elementary students in grades K-5 affected by gun violence. The program fosters healing, resilience, and coping through creative expression, mindfulness, social-emotional learning, and group activities.

Started in March, April, May, June, July, August, September, October, and November 2024.

Total Students Enrolled: 50

- Girls Grades 2-3
- Boys Grades 4-5
- Girls Grades 2-3
- Boys Grades 4-5
- Individual Support Sessions: Fridays, 1-hour sessions as needed
- Twice-Monthly Art Therapy: For grades K-1

THE PROGRAM WAS LED BY THE FOLLOWING PROFESSIONALS:

- Dr. Tamara Thornhill - Clinical Director
- Daionna Manigult, LSW - Group Therapist
 - Credentials: Bachelors of Psychology, Masters of Social Work
 - Specialization: Trauma-Informed Care, Crisis Clinician, Family Therapy
- Jessica Gurley, LCSW - Clinical Evaluations
 - Credentials: Clinical Consulting
 - Specialization: Trauma-Focused, CBT, Cognitive Processing
- Venea King, In School Therapist - Master of Science in Clinical Mental Health Counseling



Celebrating Our Events

- HEAL TOGETHER-EASTSIDE COHORT
- H.E.A.L EAST HILLS GRADUATION CEREMONY IN COLLABORATION WITH HIGHMARK CARING PLACE
- COLOR PURPLE THEATER TRIP
- K-5 FAMILY FUN NIGHT
- MOMS CHECK-IN WELLNESS BRUNCH
- (M)ANAGING (O)UR (M)ENTAL HEALTH A HEALING HAVEN FOR BLACK MOMS



Awards & Recognitions

- LATRICE ROSE-MOORE, EXECUTIVE DIRECTOR, HONORED WITH THE STRONG AWARD PROFESSIONAL WOMAN AWARD WINNER 2024.
- LATRICE ROSE-MOORE, FOUNDER AND EXECUTIVE DIRECTOR, HONORED AS A NEW PITTSBURGH COURIER 40 UNDER 40 WOMAN OF EXCELLENCE HONOREE.



- DR. TAMARA THORNHILL, CLINICAL PROGRAMS AND MENTAL HEALTH PARTNER, RECOGNIZED AS A CRIBS FOR KIDS DISTINGUISHED WOMAN OF ACHIEVEMENT HONOREE 2024.
- DR. THORNHILL ALSO CELEBRATED AT THE NEW PITTSBURGH COURIER'S WOMEN OF EXCELLENCE AWARDS DINNER.



Looking Ahead to 2025♦

Thank you for being an integral part of our mission. Wishing you a joyful and prosperous New Year!

Stay connected with us through our website and social media for updates on upcoming programs and events. Together, let's continue to make a difference in our community.