

2022 SUPERWOMAN

RESOURCES

Nutrition

FatSecret - <https://www.fatsecret.com> Calorie Counter and Diet Tracker for Weight Loss

Lose It! - <https://www.loseit.com> Weight Loss That Fits

Fooducate: <http://www.fooducate.com> Lose weight & improve your health with a real food

Diversify Dietetics- <https://www.diversifydietetics.org> Scholarships & Grants

Food Heaven Made Easy <https://foodheavenmadeeasy.com>

Noom.com - <https://www.noom.com/> Get Healthy Again with Noom

Compton Community Garden-
<https://www.comptoncommunitygarden.com/>

Domestic Violence

Black Female Therapists - <https://www.blackfemaletherapists.com>
Find a therapist in your area

Therapy for Black Girls <https://therapyforblackgirls.com>

Clinicians of Color Directory - <https://www.cliniciansofcolor.org> find a Therapist of Color Near

Boris Lawrence Henson Foundation:
<https://borislhensonfoundation.org>

The Loveland Foundation <https://thelovelandfoundation.org>

SAMHSA - <https://www.samhsa.gov> Substance Abuse and Mental Health Services

Intimate Partner Violence | <https://www.centerlb.org> The LGBTQ Center Long Beach

VENDORS



Redstone Fire Arms- <https://www.redstonefirearms.com/>



The Urban Aura- [@theurbanaura](https://www.instagram.com/theurbanaura) (on Instagram)



Su Casa Domestic Violence Center- <https://sucasadv.org/>



The Urban School of Self Defense - <https://urban-school-of-self-defense.business.site/>



Keep it Juicy- <https://keepitjuicy.com/>



June and Sage- www.june-sage.com



Root N Berry- <https://www.rootnberry.com/>



The Women Shelter of Long Beach- <https://www.womenshelterlb.org/>