



Jeri C. Perkins, MSW  
BS Journalism  
Communications Coordinator

*Prayer, Health & Wellness Pillar  
(Resource Guide)*

**Mission: We are committed to reach everyone by the power of prayer, unity, and oneness.**

**We take action through our commitment to the health & wellness of ourselves and our community by distributing known resources, promoting spiritually, physically, and mentally healthy mindsets, and being a voice for those who do not have one.**

For more information please visit our website and submit an inquiry to our Prayer, Health, & Wellness pillar through the [Contact BMF page](#).

**Here are some resources to consider reviewing:**

#### JUNE: Men's Health Month & National Safety Month Black Girl Nerds

- **June Is Men's Health Month**
- ❖ BlackRadioNetwork.com
  - **Report: Poverty Linked To Minority Health**
  - **Demographic Factors Linked To Black Mental Health**
  - **Black Men Place Family, Community Above Personal Health**

#### ADDITIONAL OBSERVANCES

- ❖ **Elder Abuse Awareness Month**
- ❖ **Drug Abuse Awareness Month**
  - **Feds Address Drug And Alcohol Abuse In Tribal Nation**
- ❖ **Father's Day**
  - **Black Fathers BET**
    - **Black Dads Stand Up! BET Launches New Campaign "Where Black Men Lead" To Celebrate Our Fathers And Father Figures This Juneteenth And Father's Day**
    - "Where Black Fathers Are Celebrated" will honor 157 Black men in recognition of 157 years of freedom.

**Here are some resources to consider watching/listening to**

- ❖ **Dr. Rosa Norris APRN DNP FNP-C PMHNP-BC, Generational Wellness, PLLC**
  - **Generational Wellness intro video**
  - **Generational Wellness info video 2**
  - **Generational Wellness 3 Dr Rosa intro**
  - **Generational Wellness 4 IOP**

**Here are some resources to consider reading:**

**Here are community engagement opportunities to consider to attending:**



# MOTHERS PRAYER walk

**Here are a list of Black providers to consider:**

*UPDATED: Black healthcare providers in Phoenix area: Dr. Rosa's List + additional resources*

## **Mental health**

- Dr. Rosa Norris APRN DNP FNP-C PMHNP-BC  
Ph-623-259-5800  
Fax- 623-259-5858  
<https://gotomeet.me/drrosa623>  
Generational Wellness, PLLC  
13210 W. Van Buren St  
Suite 100  
Goodyear, AZ 85338

## **Therapists**

- Ashley (Taylor) Barber, MAS-LMFT, Favor & Grace Under Fire Therapy & Consulting
- Wanda McKinney, The Purposeful Mind, LLC. 1801 S Jentilly Ln B-10, Tempe, AZ 85281
- Rachel Holland, Therapist
- Amanda Higgins, Therapist
- Carlos Williams, Therapist
- Keisha Ayjeel, Massage therapist, 540-207-2094
- Pamela Jones, Therapist, (Does home visits)

## **Primary Care/ Internal Medicine**

- Cigna Medical Group, Family Practice, Dr. Jessica Holmes  
(602) 282-9800, 3003 N 3rd St Phoenix, AZ 85012
- Dr. Jeannine Hinds, 4131 N 24th St, Phoenix, AZ 85016, 602-955-6632
- Dr. Hollis Underwood, 10900 N Scottsdale Rd #603, Scottsdale, AZ 85254,  
480-882-7470
- Dr. Constantia Abarikwu, 18404 N Tatum Blvd #102, Phoenix, AZ 85032, (602)  
485-7434
- Dr. Shannan Murphy, 19829 N 27th Ave, Phoenix, AZ 85027, (623) 505-9880

- Dr. Imani Williams-Vaughn, [www.atembis.com](http://www.atembis.com), 33 N Dobson Rd Suite 15 Chandler AZ 85224, 480.282.8336
- Dr. Christopher Pullins, 18185 N 83rd Ave # D107, Glendale, AZ 85308, (623) 583-0306
- Dr. Nathan Delafield, 480.301.8087
- Dr. Jennifer Muhammed, DNP, [Healthy Wings](#), Tempe, 520-477-1815
- Dr. Angela Sturdivant, 623-882-9161
- Janet Tate-Brown, FNP-BC, 15351 W. Bell Road, Surprise, AZ, 877-809-5092
- Dr. Hope Ijaola, MD, 1720 E. Boston, Ste. 101, Gilbert, 85295, 480-267-9151
- Dr. Pearl Browne, 2730 S Val Vista Dr, Bldg 8 Suite 143, Gilbert, AZ 85295, 480-917-8884

### **Gynecology/Obstetrics**

- Dr. Sharon Thompson - [Central Phoenix OBGYN](#)
- Dr. Denise Belisle, 3815 S. Val Vista Drive, Gilbert, 480-782-0993
- Dr. Briana Truehill Wellington, 485 S. Dobson Rd, Ste 200, Chandler, 480.782.0993
- Dr. Dionne Mills, 1501 N. Gilbert Rd, Ste 180, Gilbert, 480.782.0993
- Dr. Natasha Laird, 20950 N. Tatum, Phoenix 623-907-2377
- Dr. Tracey Peatross 1501 N Gilbert Rd, Gilbert, AZ 85234, 480-782-0993
- Zamyra Lambert, PA-C, 623-535-0740
- Dr. Salina Baldwin OB/GYN 15351 W. BELL RD, SURPRISE, AZ with Adelante Health 877-809-5092

### **Dermatology**

- Dr. Toni [Stockton Dermatology](#) , 16611 S 40th St #100 Phoenix, AZ 85048, 480-610-6366

### **Cardiology**

- Dr. Paul L. Underwood, 8414 E Shea Blvd #103, Scottsdale, AZ 85260, (480) 767-3877

### **Dentistry**

- Dr. Bruce Spigner, 926 E McDowell Rd #120, Phoenix, AZ 85006, (602) 253-0994
- Dr. Ronald K Thompson, 7600 E Camelback Rd #10, Scottsdale, AZ 85251, (480) 360-3631
- Dr. Ahmad Collins, Dentist, [Diamond Dental](#)
- Dr. Jessica Peterkin - [Brenton Family Dental](#)
- Dentist - [Joanne Curry](#)  
3029 N. Alma School Rd., Ste. 110, Chandler, AZ 85224, (480) 680-0981

### **Orthopedic**

- Dr. Gregory Nelson, 18444 N. 25th Ave., Suite 210, Phoenix, AZ, 85023, 866-974-2673
- Dr. William R. Stevens, 3133 E. Camelback Road Suite #245b