

Upcoming Events and Webinars Winter 2022

January 29 (Every Saturday 7:00PM-8:00PM EST)

- ★ **Beyond Breath - An Introduction to SKY Breath Meditation**: Discover the power of your breath to relieve stress, ease anxiety and calm your mind in a free LIVE and interactive session!

January 30 (Every Sunday 9:45AM-11:AM EST)

- ★ **Boston Free Meditation Classes**: Meditate for spiritual awakening, stress care, personal development, health and more! No previous meditation experience required.

February 6 (Once a month 2:00PM-3:00PM EST)

- ★ **The Confidence Builder**: Build confidence and learn to reduce burnout.

February 12 (8:00PM-10:00PM EST)

- ★ **What is Black Creativity?!**: A co-curated concert experience that seeks to answer just that by showcasing the depth, and ever expansive world of Black artistry.



February 17 (11:00AM-1:00PM EST)

- ★ **Brain & Mental Health Online Event**: The devastation of the COVID-19 pandemic has had a marked effect on mental health worldwide. With isolation, depression, anxiety and stress all on the rise, how can we cope and be more resilient?

February 18 (8:00AM-5:30PM EST)

- ★ **DeeDee's Cry Mental Health While Black Summit**: An annual summit to bring together residents, community partners, grassroots organizations, clinical professionals, and elected officials to connect and learn from one another to best combat the mental health and suicide prevention service, delivery, and outreach challenges that face communities of color.

February 23 (7:00PM-9:00PM EST)

- ★ **Jubilee Juneteenth and the Thirteenth**: Special screening at the Museum of African American History in Boston that portrays the influential, often overlooked role of Black Americans in the fight to end slavery.

March 7 (6:30PM-9:00PM EST)

- ★ **Black Mental Health Day Panel Discussion**: Kujenga Wellness Project is proud to offer a collaboration with community partners to discuss Black Mental Health.

March 16 (5:00PM-9:00PM EST)

- ★ **Multicultural Mental Health**: This training will focus on creating awareness of mental health stigma and understanding mental health conditions through dialogue, film, and interactive activities.

