



The Invisible Struggle

BLACK WOMEN, STRESS, AND THE REVOLUTIONARY ACT OF SELF CARE

FREE ADMISSION RSVP AT
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PSYCHOLOGIST, DR. JESHANA JOHNSON, WILL LEAD AN INTERACTIVE FORUM EXPLORING THE MULTIPLE STRESSORS THAT BLACK WOMEN EXPERIENCE, IDENTIFY THE SOCIAL DETERMINANTS THAT CONTRIBUTE TO STRESS IN BLACK WOMEN, AND WILL ASSIST PARTICIPANTS IN EMBRACING THE REVOLUTIONARY ACT OF SELF-CARE TO IMPROVE MENTAL HEALTH AND REDUCE THE EFFECTS OF STRESS ON OUR HEALTH AND WELL-BEING.

PRESENTED BY
MU LAMBDA OMEGA, CULVER CITY &
PI SIGMA OMEGA, CERRITOS CHAPTERS
OF ALPHA KAPPA ALPHA SORORITY, INC.



04.14.18

11AM-1PM | SATURDAY
CRENSHAW UNITED METHODIST
CHURCH - HAMMOND HALL
3740 DON FELIPE DR,
LOS ANGELES, CA 90008