

SELF LOVE IS YOUR SUPERPOWER!



BLACK MOTHERS MATTER TALK

MAY 4, 2022 @ 7:00PM – 8:30PM

The Black Mothers Matter Talk is a safe place for black women to share and connect with one another. During this session we will discuss the importance of **SELF LOVE**. According to mental health advocate Sarah-Len Mutiwasekwa, there are four aspects of self-love: self-awareness, self-worth, self-esteem and self-care. **We want to make space for Black mothers to talk about taking care of ourselves and nurturing our superpower!**

We want to hear your voice, please join us!

Register here: <https://forms.office.com/r/GeGr2vrRa7>

Hosted by SAFEchild with



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