

# A movement for Black women to tend to our mind care, heart care and soul care.



## Sisters Mentally Mobilized

Mind Care. Heart Care. Soul Care

### Sisters Mentally Mobilized- Advocate Training Program

The Advocate Training Program is the introductory experience of Sisters Mentally Mobilized. Over the course of several weeks, participating sisters gain a deeper understanding of the forces that contribute to mental health stigma, anxiety and isolation in Black women; share and learn coping and support strategies; identify community priorities for mental health advocacy and organizing; and craft solutions for promoting individual and community well-being.

The SMM-ATP prepares Black women to establish and lead mental-health focused sister circles in their communities.

### Sisters Mentally Mobilized- Sister Circles

Sister Circles have been part of the Black female experience for over 150 years. From living rooms, community halls, college campuses, church basements and beyond, sister circles continue to be safe spaces for Black women to 'talk, deal, and heal'.

Following in that tradition, Sisters Mentally Mobilized- Sister Circles are support groups for mental health empowerment, healing *and* activism. SMM-Sister circles serve as a platform for members to take action in response to issues affecting mental health and wellness in their lives and communities.

With ongoing support and training from CABWHP, SMM-Sister Circles are developed and facilitated by women who have completed the SMM-Advocate Training Program.

The California Black Women's Health Project is building a statewide network of Sisters Mentally Mobilized-Sister Circles that are actively engaged in improving personal and community mental health.

Sisters Mentally Mobilized (SMM), a project of the California Black Women's Health Project, is a statewide movement that trains Black women to become mental health community advocates and launch mental health-focused Sister Circles in the communities where Black women live, work, play, and pray. Too many of our sisters are suffering in silence.

**Sisters Mentally Mobilized aims to reduce mental health stigma, anxiety, and isolation among Black women and create safe spaces for us to tend to our minds, hearts, and souls.**



- Increased Knowledge
- Decreased Stigma
- Increased Confidence
- Satisfaction
- Connection
- Trust
- Openness
- Realization
- Interdependence



Is solace anywhere more comforting than that in the arms of a sister.

-Alice Walker



“  
My sisters, in the face of so much,  
you rise, and I see you. Rest your  
mind and heart for a while.

- Celina Caesar-Chavannes & Cynthia Go



The circles of women around us  
weave invisible nets of love that  
carry us when we're weak and  
sing with us when we are strong.

-Sark

Breathe it in



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About the California Black Women's Health Project  
Founded in 1994, California Black Women's Health Project (CABWHP) is the only 501(C)(3) non-profit organization solely dedicated to improving the health of California's Black women and girls through education, policy, outreach, and advocacy. CABWHP is committed to advocating for policies and practices that promote and improve physical, spiritual, mental and emotional well-being.