Black History Month Wellness Series
with the African American Mental Health Team

**Rest, Resilience, and Rooting in the Earth**
Friday, February 19, 12-1:30pm
Zoom: tinyurl.com/bhm-uhs

Join the African American Mental Health Team as we center the power of rest as resistance and experience our sacred healing relationship with nature and mother earth as a Black community. Through meditation practice, reflection, and community sharing we will deepen our connection to the elements and cultivate a sense of home in our mind, body, and spirit.

**Honoring Our Past, Embodying Our Present, and Envisioning Our Futures**
Friday, February 26, 12-1:30pm
Zoom: tinyurl.com/bhm-uhs

Join the African American Mental Health Team for an opportunity to honor the stories and resilience of our Black histories, center in the wisdom of the present moment, and dream together about our futures as a Black community. Through meditation practice, reflection, and community sharing we will rest in the power of our shared legacies and cultivate restoration as we journey on toward collective liberation.

**Meet the Counselors/Facilitators**

**Adisa Anderson, PhD**
Specialty Areas:
- Holistic Health & Wellness
- Men’s concerns
- Relationships/family
- Complex Trauma

**Amber Jaiza Jones, LCSW**
Specialty Areas:
- LGBTQIA Concerns
- Family of Origin Concerns
- Grief/Loss/Spiritual Life

uhs.berkeley.edu/blacklivesmatter