Ujima Inc. DVAM 2021 Activities and Events

**Friday Wellness Meditations**
*Friday October 1st*
*Friday October 8th*
*Friday, October 15th*
*Friday, October 22nd*
*Friday, October 29th*
9 a.m.-9:10 a.m. EDT Virtual Guided Meditations open to the public.
Facilitated By:
   Umi Hankins, Senior Consultant, Ujima, Inc.
Registration

**Psychohairapy: Self Love, Expression, and Rootedness**
*Tuesday, October 12th 5:00 – 6:00pm Instagram Live*
Instagram @ujimacommunity

This Instagram Live conversation will feature Dr. Afiya Mbilishaka as she contextualizes the importance of Black hair within the Black community. Dr. Mbilishaka has done extensive research and work in the field of Psychohairapy, and will weave together the concepts of self-esteem, self-expression, rootedness, and visibility. We will also discuss the role that policies and social norms (from the Crown Act to #BonnetGate) in Black women’s upward mobility in work and in society.

Speakers:
   Dr. Afiya Mbilishaka, Founder, CEO, Psychohairapy
   Megan Simmons, Senior Policy Attorney, Ujima, Inc.

**Exploring the Intersections of Black Queer Survivors**
*Wednesday, October 13th 6:30 - 8:00 pm Coffee & Conversation*
Click here to register and learn more information.
Panelist:
   Diamond Collier, Executive Director, Black Transwomen Inc.
   Melissa Deveraux, Director of Operations, Baltimore Safe Haven
   Romeo Jackson, Political Education Coordinator at BYP 100

**Black Maternal Health Twitter Chat**
*Wednesday, October 20th 12 pm-1 pm Twitter*
@ujimacommunity
The Violence of Black Birthing: Examining the Intersections of Black Maternal Health, Interpersonal Violence, and Healthcare Inequity

Wednesday October 20th 6:30 - 8:00 pm Coffee & Conversation
Click [here](#) to register and learn more information.
Panelist:
  - Natalie Berbick, MSW Contra Costa Health Services Department
  - Additional specialist in the field

"I'll Pull Up": An Inter-generational Conversation on Dating Culture, Social Norms, and Violence  #LoveIsn'tToxic

Tuesday, October 26th 6:30 - 8:00 pm Coffee & Conversation
Click [here](#) to register and learn more information.
Panelist:
  - Dr. Derrick Gordon, Professor, Yale University
  - Dr. Stephanie Hargrove, Clinical Associate, Duke University Medical Center
  - Shawn Muhammad, Associate Director, The Asha Family Services, Inc.