

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.