



COOK COUNTY
HEALTH

UMOJA

EQUITY-CENTERED HEALING CIRCLES

COOK COUNTY HEALTH STAFF + SURROUNDING COMMUNITY MEMBERS

Cook County Health's Racial & Equity Group

invites staff and surrounding community members to engage in equity-centered healing circles.



Facilitated by experienced Umoja staff, **HEALING CIRCLES** offer a safe space for various community stakeholder groups to reflect on and share about their experiences with CCH while addressing health inequities experienced by patients, employees, and the surrounding community.

- ▶ Your open participation in **Equity-Centered Healing Circles** will also help **Cook County & Provident Health** to develop systems and strategies to better meet the needs of patients and staff

**South
Groups**

REGISTER HERE for
Monday, March
15: 9am-12pm

For any questions, circle, please contact Whitney Towey via email at whitney.towey@cookcountyhhs.org.

Strict confidentiality will be honored in these spaces given the sensitive nature of topics that may arise. Additional wellness support can be provided upon request of participants.

"How you show up for yourself will speak volumes when it's time to show up for others. You cannot fill the cup of your neighbor or loved ones when you're depleted. Take care of you. Take care of them. In that order."

-Alex Elle

UMOJA (oo-MO-jah)
is the Kiswahili word for "unity."

Umoja is a national social impact organization whose work focuses on adult capacity building as the primary vehicle for creating safe, inclusive and restorative spaces.