

# Black Minds Matter 2!



*You are invited to  
Mental Wellness  
Wise Wednesdays*



**Please join us at our support  
group for African Americans!  
Every 4th Wednesday 6:30-8 pm  
at the home of Gigi Crowder**

**5144 Union Mine Dr.  
Antioch, CA 94531**

**FOR MORE INFORMATION, ASSISTANCE, AND TO RSVP, PLEASE CONTACT:**

**GIGI CROWDER (510) 990-2670**

This month's Family Support Group scheduled for Wednesday, May 22nd at 6:30pm will be supported by an African American Licensed Clinical Social Worker, Dean Chambers. Dean will offer grief counseling to those who have lost a loved one. He will also offer answers and support to families who have lost hope due to a mental health diagnosis that interrupts plans for your loved ones' future.

The stages of grief and other resources will be covered at this African American Family Support Group. All are welcomed!