

# A Safe Space to Dig Deep

## Mental Health and Wellness in the Black Community



**Tuesday, June 30, 2020 | 6 to 7:30 p.m.**

Online via GoToWebinar; register at [bit.ly/spacetodigdeep](https://bit.ly/spacetodigdeep)

Join us for the first in a series of community discussions about mental, physical, emotional, and spiritual health within the Black community. We will dig deeper into conversations that address the conditions of COVID-19, inequity, racism, trauma, stigma, and other factors that significantly impact the well-being of our Black community. We will also discuss what we can do, individually and collectively, to bring about meaningful and long overdue change to improve outcomes in the lives of our Black community.

The June 30 session will provide a historical and contemporary overview of how racial trauma and stigma impact the mental health and wellness of the Black community.



**Otis Williams III, Ph.D.**  
Chair and Associate Professor  
Dept. of Counseling  
Bowie State University



**Randi Dent, M.S.**  
Health Equity Scholar  
Fitzhugh Mullan Institute for Health  
Workforce Equity  
George Washington University



Moderated by  
**Brian Anderson, LPC, CSAC**  
Reston Behavioral Health Outpatient  
Program Manager  
Fairfax-Falls Church CSB

Presented by Fairfax County Government in partnership with  
the National Coalition of 100 Black Women.

Send your questions in advance to [CSBCommunications@fairfaxcounty.gov](mailto:CSBCommunications@fairfaxcounty.gov).



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**Community  
Services Board**



June 2020

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