

# Our Mental Health Collective



## Healing Together

A Mental Health & Wellness Fair  
FOR COMMUNITIES OF COLOR



SATURDAY,  
**May 3, 2025**  
12 PM - 5 PM



**Paul I. Phillips  
Boys & Girls Club**  
726 Madison Ave SE,  
Grand Rapids, 49503

Learn more about this event →



# WELCOME TO

# Healing Together:

## A Mental Health & Wellness Fair for Communities of Color



***“Your presence is powerful, and  
your wellness matters.”***

Welcome! We are honored to have you join us for a day centered on healing, connection, and empowerment. Our Mental Health Collective is proud to host this event as a reflection of our deep commitment to the well-being of Black, African, Asian, Indigenous, Latine, and other historically marginalized communities.

Today, we invite you to explore culturally-informed resources, connect with clinicians and community members, and take part in family-oriented activities designed to uplift and support your mental health journey.

Thank you for being here. Your presence is powerful, and your wellness matters. Together, we are creating space for healing, growth, and community.

### Explore:

[AGENDA →](#)[MAP →](#)[SERVICE PROVIDERS →](#)[SPEAKERS →](#)[PANEL →](#)[VENDORS →](#)[SPONSORS →](#)[JOIN US →](#)[CONNECT →](#)



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# RUN OF DAY: WHAT TO EXPECT

Time	Event	What to Expect
12:00 PM	Doors Open	Registration, Vendor tables and Sponsor tables,Bounce House, Activities, Live DJ, Food & Giveaways <i>(first come, first serve)</i>
12:00 - 1:00 PM 2:30 - 4:30 PM	Acupuncture by Dr. Dennie	Sensory Room
12:30 - 1:00 PM	Breakout Sessions	<b>Overstimulated Parents:</b> Practicing Self-Compassion & Power of Community <i>Private Room 1: Learning Center</i>
		<b>Courage Under Fire:</b> Healing, Health & Harmony <i>Private Room 2: Art Room</i>
		<b>From Body Acceptance to Body Liberation Workshop</b> <i>Rec Room 3: Teen Room</i>
		<b>Bridging the Gap:</b> Addressing Mental Health Disparities Between 1st & 2nd Generation Latinos <i>Rec Room 2: Cadet Room</i>
1:15 - 1:45 PM	Breakout Sessions	<b>Breaking the Cycle:</b> Tobacco Use, Youth Mental Health, & the Power of Outdoor Play <i>Private Room 1: Learning Center</i>
		<b>As YOU Love Yourself:</b> Building a Healthier Relationship with Yourself <i>Private Room 2: Art Room</i>
		<b>Strengthening Family Bonds &amp; Intergenerational Well-Being</b> <i>Rec Room 3: Teen Room</i>
		<b>What Social Media Won't Tell You:</b> A Real Conversation About Holistic Health & Nutrition <i>Rec Room 2: Cadet Room</i>
2:00 - 3:00 PM	EquiPulse Cohort Panel	Teen Room
3:15- 3:45 PM	Breakout Sessions	<b>Overstimulated Parents:</b> Practicing Self-Compassion & Power of Community <i>Private Room 1: Learning Center</i>
		<b>Courage Under Fire:</b> Healing, Health & Harmony <i>Private Room 2: Art Room</i>
		<b>Strengthening Family Bonds &amp; Intergenerational Well-Being</b> <i>Rec Room 3: Teen Room</i>
		<b>Redefining Strong</b> <i>Rec Room 2: Cadet Room</i>
4:00 - 4:30 PM	Breakout Sessions	<b>Saving Our Mothers, Leveling the Playing Field:</b> Improving Maternal Mortality Disparity through Holistic Mental Health Models <i>Private Room 1: Learning Center</i>
		<b>As YOU Love Yourself:</b> Building a Healthier Relationship with Yourself <i>Private Room 2: Art Room</i>
		<b>Redefining Strong</b> <i>Rec Room 3: Teen Room</i>
		<b>Bridging the Gap:</b> Addressing Mental Health Disparities Between 1st & 2nd Generation Latinos <i>Rec Room 2: Cadet Room</i>
4:30 - 5:00 PM	Yoga by VSJ Fitness	Teen Room
5:00 PM	Event Ends	





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# BREAK OUT FACILITATORS



## Overstimulated Parents:

Practicing Self-Compassion &  
Power of Community

*Lariesha Lee, LLMSW*

LEARN  
MORE



## Breaking the Cycle:

Tobacco Use, Youth Mental Health,  
and the Power of Outdoor Play

*Nicholle Applewhite, MBA*

*Tiawanna M. Ezell*

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MORE



## Saving Our Mothers, Leveling the Playing Field:

Improving Maternal Mortality Disparity  
through Holistic Mental Health Models

*Ájené Robinson-Figueroa, MA, CHW*

*Syreeta Drake, MSN, BSN, APRN, PMHNP-BC*

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MORE



## Redefining Strong

*Danielle Acker, LPC*

LEARN  
MORE



## As YOU Love Yourself:

Building a Healthier Relationship  
with Yourself

*Andrea Buckley, LMSW-Clinical*

LEARN  
MORE



## What Social Media Won't Tell You:

A Real Conversation About Holistic  
Health & Nutrition

*Carrie T. Dennie, ND, MsAc*

LEARN  
MORE



## From Body Acceptance to Body Liberation Workshop

*Valarie James, MPH, 200HR RYT, EMDR Tr*

LEARN  
MORE



## Bridging the Gap:

Addressing Mental Health Disparities  
Between 1st & 2nd Generation Latinos

*Alex Brito, MA, LPC, TLLP*

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## Strengthening Family Bonds & Intergenerational Well-Being

*Hilda Martinez-Gutierrez, MA, LPC, NCC*

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## Courage Under Fire:

Healing, Health & Harmony

*Shaunna Dior, LMSW*

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## BREAK OUT FACILITATOR

# Overstimulated Parents: Practicing Self-Compassion & Power of Community

Learn how to manage overstimulation, set healthy boundaries, and build supportive connections. This session helps parents identify stressors and practice self-compassion for a more balanced parenting experience.

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### LOCATION & TIMES:

## Private Room 1: Learning Center

- 12:30 pm
- 3:15 pm

[VIEW EVENT MAP →](#)

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### ABOUT THE FACILITATOR

## Lariesha Lee, LLMSW

### *She/ Her*

*CLINICAL THERAPIST AT INNER FITNESS  
COUNSELING & WELLNESS, AND FOUNDER  
OF LEADHERSHIP IMPACT*

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Lariesha Lee, LLMSW, is a Black mother of five, Clinical Therapist at Inner Fitness Counseling & Wellness, and Founder of LeadHERship Impact, a nonprofit for teen girls in Grand Rapids. She advocates for mental health equity, supports women of color and student parents, and brings experience in social justice and community advocacy. Lariesha believes healing means holding both pain and joy.



# Breaking the Cycle:

## Tobacco Use, Youth Mental Health, and the Power of Outdoor Play

Join us for an important conversation exploring the connections between tobacco use, its impact on youth mental health, and how outdoor play can be a powerful tool for prevention and healing.

### LOCATION & TIMES:

## Private Room 1: Learning Center

- 1:15 pm

[VIEW EVENT MAP →](#)

### ABOUT THE FACILITATORS



## Nicholle Applewhite, MBA

***She/ Her***

*DIRECTOR OF THE CENTERS FOR HEALTH AND  
EDUCATION - URBAN LEAGUE OF WEST MICHIGAN*

Nicholle, MBA, has a background in Food/CPG Marketing and a passion for public health and social justice. She brings expertise in program development, fiscal management, and policy advocacy. As former Programs Manager and now Director of the Centers for Health and Education, she has led tobacco policy initiatives and expanded access to health resources.



## Tiawanna M. Ezell, ***She/ Her***

*DIRECTOR OF THE CENTERS FOR HEALTH AND  
EDUCATION - URBAN LEAGUE OF WEST MICHIGAN*

Tiawanna Ezell is a proud Grand Rapidian and mother of three, committed to uplifting her community. As Program and Community Engagement Manager at the Urban League of West Michigan, she leads health, wellness, and education initiatives. Her passion for inclusive outdoor spaces began four years ago, and she now serves as a volunteer leader with Outdoor Afro, guiding monthly adventures to connect Black and Brown communities with nature.



# Saving Our Mothers, Leveling the Playing Field: Improving Maternal Mortality Disparity through Holistic Mental Health Models

Join us for an important conversation on maternal health equity. This event will highlight key insights from our maternal health initiative, including how holistic mental health models can help reduce maternal mortality disparities.

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## LOCATION & TIMES:

### Private Room 1: Learning Center

- 4:00 pm

[VIEW EVENT MAP →](#)

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## ABOUT THE FACILITATORS



### Ájené Robinson-Figueroa, MA, CHW

***She/ Her***

*NONPROFIT CONSULTANT, COMMUNITY HEALTH WORKER, AND CONTENT CREATOR ON YOUTUBE*

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Ájené Robinson-Figueroa is a nonprofit consultant, community health worker, and YouTube content creator. She holds a master's in Philosophy with a focus on Women and Gender Studies, Critical Race Theory, and Bioethics. Through her work and online content, Ájené empowers communities and promotes equitable health by exploring topics like motherhood, personal growth, and Black Philosophical thought.



### Syreeta Drake, MSN, BSN, APRN, PMHNP-BC

***She/ Her***

*NONPROFIT CONSULTANT, COMMUNITY HEALTH WORKER, AND CONTENT CREATOR ON YOUTUBE*

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Syreeta Drake is a published author, poet, and board-certified Psychiatric Mental Health Nurse Practitioner with 20+ years of experience. She specializes in trauma-informed, holistic care and serves as a nursing professor and 2nd Vice President of the Grand Rapids Black Nurses Association. Syreeta advocates for mental health equity through board work, education, and culturally responsive care, using her writing to inspire healing and connection.



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## BREAK OUT FACILITATOR

# Redefining Strong

Join us for a powerful conversation challenging old ideas and introducing a new definition of what it truly means to be a strong individual. Walk away with clarity, encouragement, and one practical step you can take to support your mental strength and overall wellness. This is more than just inspiration—it's a moment to grow.

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### LOCATION & TIMES:

**Rec Room 2: Cadet Room** | 3:15 pm

**Rec Room 3: Teen Room** | 4:00 pm

**VIEW EVENT MAP →**

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### ABOUT THE FACILITATOR

**Danielle Acker,**  
LPC

***She/ Her***

*CERTIFIED ADVANCE ALCOHOL AND DRUG  
COUNSELOR*

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Danielle Acker is a Licensed Professional Counselor who has been in the field since 2016 working with individuals for mental health and substance abuse concerns. She has worked in a variety of settings inclusive of outpatient, private practice, local high school and inpatient rehabilitation center serving adolescents to seniors. Danielle has a deep appreciation for working with people and prides herself on supporting individuals through different transitions and experiences in their life.



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## BREAK OUT FACILITATOR

# As YOU Love Yourself: Building a Healthier Relationship with Yourself

Join us for a powerful session where you'll learn how attachment wounds may be shaping your sense of self, discover simple strategies to build self-trust and self-intimacy, and experience a guided exercise to help you tune into your inner needs and core values and reconnect with yourself on a deeper level

### LOCATION & TIMES:

## Private Room 2: Art Room

- 1:15 pm
- 4:00 pm

[VIEW EVENT MAP →](#)



### ABOUT THE FACILITATOR

## Andrea Buckley, LMSW-Clinical

### ***She/ Her***

MENTAL HEALTH THERAPIST/  
ATTACHMENT TRAUMA SPECIALIST/  
FOUNDER OF DREA INSPIRES

Andrea Buckley is a mental health therapist and attachment trauma specialist, and founder of Drea Inspires. She integrates therapy, spirituality, and creative expression to help people heal and connect more deeply with themselves and others. As a writer, poet, yogi, and meditation teacher, Andrea empowers others to move from survival to thriving through workshops, community spaces, and online content.



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## BREAK OUT FACILITATOR

# What Social Media Won't Tell You: A Real Conversation About Holistic Health & Nutrition

Learn the truth about nutrition and its impact on whole health. This event will dispel common myths in BIPOC communities and offer practical, culturally relevant tools for better wellness.

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### LOCATION & TIMES:

**Rec Room 2: Cadet Room | 1:15 pm**

**VIEW EVENT MAP →**

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### ABOUT THE FACILITATOR

**Carrie T. Dennie,**  
ND, MsAc

***She/ Her***

*LICENSED NATUROPATHIC DOCTOR AND  
ACUPUNCTURIST AT VIBRANT WELLNESS*

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Dr. Carrie T. Dennie is Grand Rapids' first and only Black Licensed Naturopathic Doctor and Acupuncturist. Through her practice, Vibrant Wellness, she offers holistic care from prevention to complex health support. Dr. Carrie focuses on root causes, empowers patients in their healing, and bridges holistic and conventional medicine—creating a safe, trusted space for people of color.



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## BREAK OUT FACILITATOR

# From Body Acceptance to Body Liberation Workshop

Learn how to communicate respectfully with individuals experiencing body image issues or disordered eating, and explore the impact of diet culture on our relationship with food and body. Gain tools to challenge harmful narratives and promote healthier, more supportive interactions.

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### LOCATION & TIMES:

**Rec Room 3: Teen Room** | 12:30 pm

**VIEW EVENT MAP** →

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### ABOUT THE FACILITATOR

**Valarie James,**  
MPH, 200HR RYT,  
EMDR Tr

***She/ Her/ Hers***

*OWNER AND LEAD THERAPIST OF INNER  
FITNESS COUNSELING AND WELLNESS/  
VSJ FITNESS STUDIO*

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Valarie James is a Licensed Master Social Worker and Certified Personal Trainer, she blends mental health and fitness to help people embrace self-love and wellness. Through creative classes and coaching programs, Valarie empowers everyday individuals to reset, stay motivated, and reach their goals.



# Bridging the Gap: Addressing Mental Health Disparities Between 1st & 2nd Generation Latinos

Explore how acculturation and immigration trauma impact the mental health of Latino families across generations. Learn how cultural adaptation and identity formation differ between first-generation immigrants and their second-generation children and how these experiences shape mental health.

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## LOCATION & TIMES:

### Rec Room 2: Cadet Room

- 12:30 pm
- 4:00 pm

[VIEW EVENT MAP →](#)

## ABOUT THE FACILITATOR

**Alex Brito,**  
MA, LPC, TLLP

***He/ Him/ His***

OWNER & LEAD THERAPIST AT ALEX BRITO  
COUNSELING

Alex Brito is a bilingual therapist (*Spanish and English*), with over 7 years of experience serving individuals and families in both non-profit and private practice settings. Deeply rooted in the Grand Rapids community, Alex is an active member of Relevant Church GR and proudly calls the Westside neighborhood home. Passionate about making mental health care accessible and affirming, Alex is committed to walking alongside clients as they navigate life's challenges and pursue growth.



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## BREAK OUT FACILITATOR

# Strengthening Family Bonds & Intergenerational Well-Being

Join us for an engaging event designed to enhance communication and connection across generations, while promoting mental and emotional well-being within families. Through thoughtful conversations, practical tools, and shared experiences, we'll explore ways to bridge generational gaps and build stronger, more supportive relationships at home.

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### LOCATION & TIMES:

## Rec Room 3: Teen Room

- 1:15 pm
- 3:15 pm

[VIEW EVENT MAP →](#)



### ABOUT THE FACILITATOR

**Hilda Martinez-Gutierrez,**  
MA, LPC, NCC

***She/ Her/ Ella***

*FOUNDER, PRINCIPAL CONSULTANT, AND  
LEAD CLINICIAN OF ART OF MIND  
CONSULTING*

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With over 15 years of experience, she supports communities, organizations and professionals by addressing mental health, leadership development, and workplace well-being. As an adjunct professor, Hilda is dedicated to shaping the next generation of mental health professionals.

## Courage Under Fire: Healing, Health & Harmony

Join us for a unique group experience that introduces a non-traditional approach to therapy focused on self-expression and holistic mental wellness. This safe, supportive space allows participants to explore their emotions through a variety of therapeutic interventions, while connecting with peers who are on similar journeys. Through shared experiences and positive reinforcement, group members are empowered to process, heal, and grow together.

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### LOCATION & TIMES:

## Private Room 2: Art Room

- 12:30 pm
- 3:15 pm

[VIEW EVENT MAP →](#)

### ABOUT THE FACILITATOR

## Shaunna Dior, LMSW

***She/ Her/ Hers***

*MST THERAPIST*

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Shaunna Dior, MSW, has over 20 years of experience supporting youth and families in schools and the juvenile justice system. She earned her B.A. in Psychology from Calvin College and her MSW from Western Michigan University. Passionate about restoring the family foundation, Shaunna works as an MST Therapist and offers private practice services.



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## PANEL DISCUSSION

# EquiPulse: Cultivating 2SLGBTQIA+ Serving Therapists Panel

Join us for a groundbreaking conversation surrounding BIPOC 2SLGBTQIA+ mental health care. This panel discussion covers a cohort co-created by Our Mental Health Collective and the Grand Rapids Pride Center to train and equip BIPOC clinicians in providing affirming, decolonized care to BIPOC 2SLGBTQIA+ communities. **Expert panelists include:**

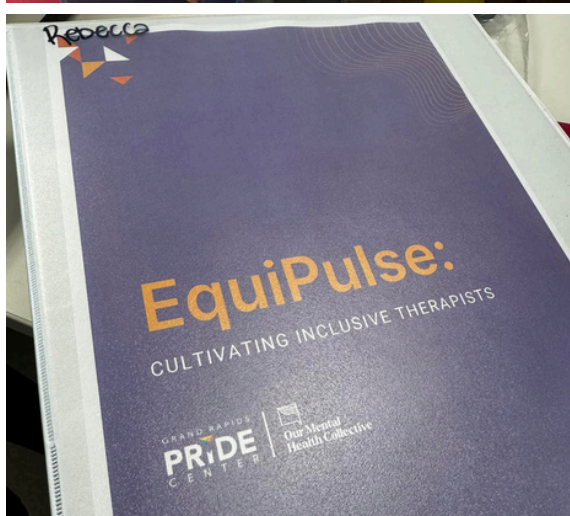
- Hasina Bankston, LMSW
- Sun (Maime) Butler, Ph.D., DLLP
- Rosemary Cruz, MA. LPC
- Araceli Warners, LMSW
- Nat Shannon-Hutchison, MSHSA, LCSW
- Valarie James, LMSW, MPH, 200HR RYT
- Cierra Patrick, LPC
- Josue (Sway) Guillen, LLMSW
- Melissa Ware, LMSW

### LOCATION & TIMES:

## Teen Room

2 pm - 3 pm

[VIEW EVENT MAP →](#)





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# EVENT LAYOUT

Art Room

Private Room 2

Women's Bathroom



Main Entrance

Front Desk

Front Desk

Men's Bathroom



Learning Center

Private Room 1

Shauna Dior:  
12:30-1:00 pm

Andrea Buckley:  
1:15-1:45 pm

Shauna Dior:  
3:15-3:45 pm

Andrea Buckley:  
4:00-4:30 pm

Cadet Room

Rec Room 2

Rec Room 1

Stairway

Stairway

Gym

Main Entrance

Back Lot Entrance

Back Lot Entry

Open Space

Dr. Carrie Dennie  
Acupuncture

Sensory Room

Teen Room

Rec Room 3

Valarie James:  
12:30-1:00 pm

Hilda Martinez:  
1:15-1:45 pm

Hilda Martinez:  
3:15-3:45 pm

Danielle Acker:  
4:00-4:30 pm

Lariesha Lee:  
12:30-1:00 pm

Nicholle & Tiawanna:  
1:15-1:45 pm

Lariesha Lee:  
3:15-3:45 pm

Ajene & Syreeta:  
4:00-4:30 pm





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## ENJOY SERVICES AND ACTIVITIES BY:

### FOOD VENDOR

**Kona Ice**

*12:00 pm - 5:00 pm*

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### FOOD VENDOR

**Sumna Eat**

*12:00 pm - 5:00 pm*

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### FOOD VENDOR

**The Angry Chicken**

*12:00 pm - 5:00 pm*

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### BOUNCE HOUSE

**Grand Rapids Bounce Houses**

*12:00 pm - 5:00 pm*

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### FACE PAINTING

**Makeup By Tiffany**

*12:00 pm-4:00 pm*

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### KIDS ENRICHMENT ACTIVITIES

**Takara Taylor, TLLP of Cognificant Kids**

*1:30 pm – 4:30 pm*

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### ACUPUNCTURE

**Dr. Carrie T. Dennie, ND, MsAc of Vibrant Wellness**

*12:00 pm - 1:00 pm, 2:30 pm - 4:30 pm*

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### YOGA

**Valarie James, LMSW of VSJ Fitness**

*4:30 pm - 5:00 pm*

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### MUSIC

**DJ James Burgen**

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### PHOTOGRAPHY

**Araceli Warners Photography**

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# THANK YOU TO OUR SPONSORS

## ADVOCATE SPONSORS



At Arbor Circle, we are proud to be one of West Michigan's most comprehensive providers of mental health counseling, substance use treatment, and family services. Our expert staff collaborates with local resources to address the needs of our community, promote new ways of assistance, and find better strategies to help the people we serve. By emphasizing and forming strong, therapeutic relationships with clients and families, we lay the foundation for successful outcomes and essential progress.

**Arbor Circle**  
1115 Ball Ave NE,  
Grand Rapids, MI 49505  
(616) 456-6571  
[arborcircle.org](http://arborcircle.org)



The Urban Core Collective (UCC) exists to support the self-determination and agency of historically marginalized communities by engaging in advocacy, community organizing, and leadership cultivation that transforms living conditions and the distribution of power in the Greater Grand Rapids area. We believe that people impacted by injustice hold wisdom that is vital to disrupting the status quo and that through building power and acting collectively, we can bring about racial justice.

**Urban Core Collective**  
413 Hall St SE,  
Grand Rapids, MI 49507  
(616) 451-9140  
[urbancorecollective.org](http://urbancorecollective.org)

## ALLY SPONSORS



**Hinman Counseling Services**  
640 St Joseph Ave,  
Berrien Springs, MI 49103  
(269) 471-5968  
[hinmancounselingservices.com](http://hinmancounselingservices.com)



**Heart in Balance Holistic  
Psychotherapy**  
5060 Cascade Rd SE Ste D,  
Grand Rapids, MI 49546  
(616) 699-5910  
[rachelhipp.com](http://rachelhipp.com)



River City Psychological Services  
A place to heal, a place to grow

**River City Psychological  
Services**  
1000 Monroe Ave NW,  
Grand Rapids, MI 49503  
(616) 259-7207  
[rivercitypsychological.com](http://rivercitypsychological.com)



**Molina Healthcare**  
880 W Long Lake Rd,  
Bloomfield Twp, MI 48302  
(888) 898-7969  
[molinahealthcare.com](http://molinahealthcare.com)





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# THANK YOU TO OUR VENDORS



## Autism Alliance of Michigan

26913 Northwestern Hwy, Southfield, MI 48033  
(877) 463-2266  
[autismallianceofmichigan.org](http://autismallianceofmichigan.org)



## Benevolent Whispers

(616) 752-0188  
[benevolentwhispers.com](http://benevolentwhispers.com)



## Beville Counseling, LLC

760 Four Ponds Ct SE, Byron Center, MI 49315  
(616) 634-1926  
[bevillecounseling.com](http://bevillecounseling.com)



## Bridge To Restoration Therapy Services

2920 Fuller Ave NE, Grand Rapids, MI 49505  
(616) 383-9009  
[bridgetorestoration.com](http://bridgetorestoration.com)



## Blossom Counseling Center for Personal Growth and Development LLC

4829 E Beltline Ave NE, Grand Rapids, MI 49525  
(616) 284-1138  
[blossomcounselingcenter.com](http://blossomcounselingcenter.com)



## Inner Fitness Counseling and Wellness

1850 44th St SW, Wyoming, MI 49519  
(616) 206-7255  
[innerfitnesscounseling.org](http://innerfitnesscounseling.org)



## MomsBloom

400 Ann St NW, Grand Rapids, MI 49504  
(616) 315-1652  
[momsbloom.org](http://momsbloom.org)



## Restored Counseling Group

2035 Paris Ave SE, Grand Rapids, MI 49507  
(616) 541-0433  
[restoredcounselinggroup.com](http://restoredcounselinggroup.com)



## SC Nash Counseling and Consulting

24073 Crescent St, Mattawan, MI 49071  
(734) 802-7667  
[scnash.com](http://scnash.com)

- Beautifully Created 2.0
- Hope Network
- Clarity Therapy & Therapy
- Grand Rapids LGBTQ+ Healthcare Consortium
- Urban League of West Michigan
- Grand Rapids Public Library
- Strong Beginnings - Healthy Start
- Thrive Center for Wholeness
- River City Psychological Services
- Alex Brito Counseling LLC
- GR Pride Center

- Children's Advocacy Center of Kent County
- Kent County Health Department
- Holistic Vida Therapy
- Urban Core Collective
- Red Sea Beauty
- Heal-Encourage-Motivate & Shea
- Buttercups by TahLee
- More Life Mas Vida
- Speak Easy Mental Wellness
- Art of Mind
- Beauty & the Beads

**Our  
Mental  
Health  
Collective**

# **Invites you to be part of the Latine Group**

**CONNECT, GROW AND LEAD!**

**JOIN NOW →**



## **Are you a latino/a wellness provider?**

**Join our Latine Group at OMHC!**

We are building a space of support,  
leadership and community to elevate  
our voices, share resources and  
promote health in our communities.

**JOIN GRUPO LATINE TODAY**



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CONNECT WITH US

Our  
Mental  
Health  
Collective

# Find Culturally Responsive Mental Health Care



At OMHC, we believe that mental health and wellness care should be easy to access and reflect the unique experiences of the communities it serves. That's why we're committed to providing culturally responsive, affirming support for Black, African, Asian, Indigenous, Latine, and other Communities of Color. We also stand firmly in the belief that LGBTQIA+, Neurodiverse individuals, and People of Color with Disabilities deserve the same quality of care. Everyone deserves to feel seen, heard, and supported on their path to healing.

CONNECT WITH A MENTAL HEALTH OR WELLNESS PROVIDER →



**Are you a Mental Health or Wellness Provider in Michigan? Join our FREE directory!**

JOIN NOW →