## Listening to Heal: Our Stories, Our Strength

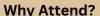
Experience the journey of transformation, courage, and overcoming obstacles





Dr. Anthony Jerry

Join Dr. Anthony Jerry and Dr. Niedha Welch for an evening of storytelling, resilience, and renewal in a safe and sacred space. Three courageous individuals will share their mental health journeys, offering powerful insights that invite us to listen deeply and learn with compassion. Together, we'll be inspired to break the silence and dismantle the stigma surrounding mental health in the Black community. These conversations are more than moments—they are pathways to healing that create a ripple effect of wellness throughout our entire community.



- Hear authentic stories of healing and resilience.
- Gain tools to start open conversations about mental health.
- Connect with others in a supportive, judgementfree space.
- Discover the strength in sharing yur own story and helping others feel seen and heard.

Dr. Niedha Welch

When - July 23, 2025

Where - Civil Rights Institute Diversity Center 3933 Mission Inn Ave. Suite 102 Riverside, CA 92501

Time - 5:00 - 7:00 PM

For more information contact - anthonyj@ucr.edu

Register today!



https://bit.ly/ListeningtoHeal













Together, We Break the Silence. Together, We Heal!