

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.



Dr. Niedha Welch

Why Attend?

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

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>



THE EMPATHY ARCHIVE



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