



**CENTER FOR BLACK  
WOMEN'S WELLNESS**

**MENTAL HEALTH AWARENESS MONTH**

# Guidance to Wellness:

**ADDRESSING MENTAL HEALTH  
THROUGH WELLNESS PRACTICES.**

**Register Here:  
scan the QR Code or  
go to [cbww.org/events](https://cbww.org/events)**



**JOIN US FOR A  
SELF-CARE  
RAFFLE!**



**Moya K. Grant, M.Ed, NCC, LPC (Host)**

As a practicing Licensed Professional Counselor, Wellness Coach, Spiritual Practitioner, and Reiki Master, Moya strives to provide counseling and coaching services for adolescents and adults that support them in reaching their wellness goals. Moya helps clients develop functional problem-solving and life skills that support mental, emotional, and spiritual growth.



**WEDNESDAY**

May 21st 2025



**TIME**

6PM - 7PM



**[CBWW.ORG/EVENTS](https://cbww.org/events)**

**JOIN US!**