



Life be Lifin' *** CRAFT NIGHT ***

for BIPOC Mental Health Month



Life sometimes goes so fast it is hard to keep up!
Calm your mind and body with a relaxing craft night at
CBWW. Bring your own craft or borrow one from us.

- ➔ Mental Health talk from the National Alliance for Mental Illness (NAMI)
- ➔ Mental Health resources provided
- ➔ Embroidery kits provided by Scraplanta

REGISTER HERE



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



Thursday, July 31st



5:00 PM - 7:00 PM



Center for Black Women's Wellness
477 Windsor Street SW Suite 309