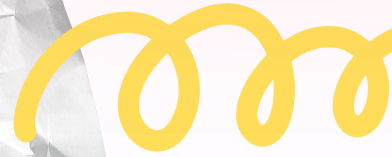
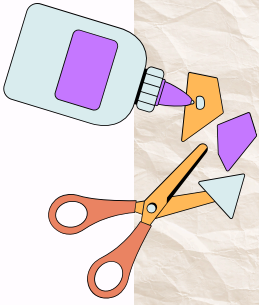


MAY IS MENTAL HEALTH MONTH



Center for Black Women's  
Wellness



# MINDFULNESS & CRAFTING WORKSHOP

From vision boards to needlepoint, work on a craft of your choice to practice mindfulness. Plus, referrals for free virtual therapy through CBWW for people without insurance.

Scan to Register



**Saturday**  
**May 16, 2026**  
**11:00 AM**  
**477 Windsor Street SW**  
**Atlanta, GA 30312**

or visit  
[www.cbww.org/events](http://www.cbww.org/events)