

## Healing Has No Limits: How to Support Healing The Body and The Mind

Friday, July 23rd, 4:50 pm– 5:50 pm

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Licensed Psychotherapist & Racial Equity Consultant

### Therapist's Directories

Therapy for Black Girls  
[www.therapyforblackgirls.com](http://www.therapyforblackgirls.com)

Cultural Therapy  
[www.culturaltherapy.health](http://www.culturaltherapy.health)

Melanin and Mental Health  
[www.melaninandmentalhealth.com](http://www.melaninandmentalhealth.com)

Psychology Today  
[www.psychologytoday.com/us](http://www.psychologytoday.com/us)

Therapy Den  
[www.therapyden.com](http://www.therapyden.com)

NQTTCN  
[www.nqttn.com](http://www.nqttn.com)

### Mental Health Resources

On The Mend  
[www.onthemendhealing.com](http://www.onthemendhealing.com)

Real  
[www.join-real.com](http://www.join-real.com)

Shine  
[www.theshineapp.com](http://www.theshineapp.com)

[www.kenyacrawford.com](http://www.kenyacrawford.com)  
[kenya@kenyacrawford.com](mailto:kenya@kenyacrawford.com)  
[@kenyacrawford\\_](https://www.instagram.com/kenyacrawford_)

## Low Cost/Therapy Funds

Open Path Collective  
[www.openpathcollective.org](http://www.openpathcollective.org)

Loveland Foundation  
[www.thelovelandfoundation.org](http://www.thelovelandfoundation.org)

Heal Haus Therapy Fund  
<https://www.healhaus.com/>

NQTTCN Fund  
[www.nqttcn.com/en/mental-health-fund/](http://www.nqttcn.com/en/mental-health-fund/)

## Meditation Apps

Liberate (for folks of color!)  
[www.liberatemeditation.com](http://www.liberatemeditation.com)

Headspace  
[www.headspace.com](http://www.headspace.com)

Calm  
<https://www.calm.com/>

## Readings Suggestions

- The Four Agreements: A Practical Guide to Personal Freedom- Don Miguel Ruiz
- It Didn't Start with You- Mark Wolynn
- Don't Sweat the Small Stuff- Richard Carlson, Ph.D.
- My Grandmother's Hands: Racialized Trauma and the Pathway to Mending Our Hearts and Bodies Resmaa Menakem
- Love and Rage: The Path of Liberation through Anger Lama Rod Owens
- The Unapologetic Guide To Black Mental Health Rheedra Walker
- The Racial Healing Handbook: Anneliese A. Singh
- The Body Keeps the Score: Bessel Van Der Kolk, M.D

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