



Los Angeles Urban League Guild

HEALTHY AWARENESS DAY

Self Care: "Mental Health Disparities in African American Women"

May 21, 2022

11 AM PST



Meisha Thrasher is a Restorative Justice activist, speaker, and Mental Health program strategist. She is the founder of GROWURPOTENTIAL, an LA County clinical training site for therapists who want to practice from compassionate and trauma-informed approaches to mental health care.

<https://us02web.zoom.us/j/89726657434?pwd=ajUycWZWeDdiVmVWTTU3aUZHTGFyUT09>

Meeting ID: 897 2665 7434

Passcode: 4400

Dial by your location

+1 408 638 0968 US (San Jose)

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Supported by: The Gailen & Cathy Reeves Center for Community Empowerment



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