The Newark Public Library & The Friends of the James Brown African American Room Present:

**Black Mental Health Matters**

Peaceful Existence and Psychological Survival
Surviving While Dismantling White Supremacy and Structural Racism
"Take Care of Yall Mentals"

---

**Ayana N. DaSilva, LCSW**, founder and clinician of Growtherapy, LLC, a private practice specializing in individual, group and family therapy. She has experience working with a broad spectrum of clients with mental health challenges.

**Simona Badger, LCSW**, the founder of S Badger Empowerment Consulting Services, LLC, seeks to meet the needs of the underserved through Psychotherapy, Empowerment and Education to strengthen and inspire individuals to reach their full potential.

---

**Wednesday, July 15 | 6:00 PM**

**Tune in on Zoom**

Ayana N. DaSilva, LCSW, is founder and clinician of Growtherapy, LLC, a private practice specializing in individual, group and family therapy. She has experience working with a broad spectrum of clients with mental health challenges.

Simona Badger, LCSW, the founder of S Badger Empowerment Consulting Services, LLC, seeks to meet the needs of the underserved through Psychotherapy, Empowerment and Education to strengthen and inspire individuals to reach their full potential.

zoom.us/join | Meeting ID: 967 5715 5934 | Password: 4zT6bx@+

Follow us on social media for the latest news, updates, and programming!

---

www.npl.org is always open!