



Rafiki
COALITION



ROOTED IN HEALING

A 10-Week Mother's Mindfulness and Ancestral Wisdom Support Group

Rooted in Healing is a FREE 10-week support group designed for Black mothers with older children, supporting mothers who are pregnant and up to 3-years postpartum.

This group offers a mix of mental health education, sisterhood, storytelling, and community care and is led by members of Rafiki Coalition's Mental Health Clinic.

Each session includes:

- Grounding practices
- Meaningful discussions
- Healing activities
- Nutritious meals
- Occasional guest speakers
- An opportunity to build community
- And a child-friendly space



This is a space where Black moms are seen, heard, and held.

Please contact bewell@rafikicoalition.org for more information.



**Scan the QR
code to register
today!**

**WEEKLY ON
THURSDAYS FROM
MAR. 5TH – MAY 7TH
5:00-7:00 PM**

*501 Cesar Chavez, San
Francisco, CA, 94124*