

welcome to the journey, we are honored to have you step onto this path of healing with us. as we join hands, feel free to look into our resource directory we have carefully put together with you in mind, as well as keeping an eye out on any events coming to/near you.

book recommendations

(books on sexual assault, healing, & self-care):

i will survive: the african-american guide to healing from sexual assault by lori s. robinson

- this extensive, beautifully written guide written by journalist, lori s. robinson, places the experiences of african american women and their healing at its foreground. using her own personal experience with sexual assault and a range of insightful resources, robinson takes the hands of survivors and walks them through the ways that they can achieve wholesome healing. in the words of julia a. boyd, “robinson reminds us that while the journey may be rocky, our destination is what’s most important”.

surviving the silence: black women’s stories by charlotte pierce-baker

- expounding on the all-encompassing silence that permeates the lives of black female survivors of sexual assault, pierce-baker compiles emotional testimonials, including her own, forcing readers to understand and confront the reasons why black women opt for silence as a means of protection and preservation of their race.

black women’s mental health: balancing strength and vulnerability by stephanie y. evans

- black women’s mental health brings to light a new framework for regarding and approaching black women’s wellness. featuring writers with career backgrounds in law, medicine, psychology, sociology, and the humanities, this insightful book discusses a range of issues such as stress, sexual assault, healing, and self-care, as well as providing tangible solutions to the social fractures that prevent black women from immersing themselves in their own wellness.

too heavy a yoke: black women and the burden of strength by chanequa walker-barnes

- black women are strong. at least that’s what everyone says and how they are constantly depicted. but what, exactly, does this strength entail? and what price do black women pay for it? in this book, the author, a psychologist and pastoral theologian, examines the burdensome yoke that the ideology of the strong black woman places upon african american women. drawing upon womanist pastoral theology and twelve-step philosophy, she calls upon pastoral caregivers to aid in the healing of african american women’s identities and crafts a twelve-step program for strong black women in recovery.

to wilt and bloom: a collection of poetry and prose on growth by mariah hicks

- “take my hand. i’ll show you where the sun sets in one place and rises in another”. this beautiful collection of poetry and prose is rooted in hicks’s personal experience with sexual assault, and her blossoming healing journey. through her writing, she invites readers into her own story allowing them to face their trauma, but also the beauty in their womanhood, the power of their healing, and the grace that comes with forgiveness.

inward by yung pueblo

- “before i could release the weight of my sadness and pain, i first had to honor its existence”. yung pueblo, poet, meditator, and public speaker, brings to readers this gem of poetry and prose where he “explores the movement from self-love to unconditional love, the power of letting go, and the wisdom that comes when we try to know ourselves”. insightful and beautifully-written, inward gives readers the opportunity to seek alignment in themselves and their place in the world.

today i affirm: a journal that nurtures self-care by alexandra elle

- celebrated author and poet, alex elle reinforces the beneficial practice of writing as therapy in this beautifully curated affirmation journal. today i affirm allows readers to go through the processes of affirmation, self-actualization, and manifestation all the while benefiting from elle’s own insights through “affirmations written by her, short bits of inspiration, charts to fill in, as well as journal pages”.

words from a wanderer: 62 days of self-affirming notes by alexandra elle

- speaking to the power of cultivating a nourishing mindset, alexandra elle brings this captivating devotional-like collection of notes and poems spanning 62 days and under the hashtag #anote2self. this text can serve as a resource for “daily meditations, mantra guidance, and encouragement to its reader”.

the self-care solution: smart habits and simple practices to allow you to flourish by suzy reading

- this self-care guide has been intentionally created to get readers to immerse themselves in the wholesome practice of self-care. author and well-being psychologist, reading dives deep; thoroughly explaining the physical, emotional, and even spiritual benefits of self care as well as giving readers solid tools to actualize holistic self-care in their lives.

the state of black girls: a go-to guide for creating safe space for black girls by marline francois-madden

- there is so much pain in life that is undeniable. pain from abuse, mental health stigma, trauma, and heartbreak can come from so many places in life. there is no denying the things you face are not only real, but are oppressive. the state of black girls is a non-fiction piece whose aim is to empower young black girls in the face of the obstacles that stand before them each day. “as you journey through each chapter, i want you to know that i hear, see, and value you. i appreciate you for your uniqueness. i want your voice to be heard, loud and clear, throughout this book. even when your voice shakes, speak up and show up in your most authentic way” - marline francois-madden

black pain: it just looks like we're not hurting by terrie m. williams

- black pain identifies emotional pain - which uniquely and profoundly affects the black experience - as the root of lashing out through self-destructive means. few realize these destructive acts are symptoms of our inner sorrow. black pain encourages us to face the truth about the issue that plunges our spirits into darkness, so that we can step into the healing light.

soothe your nerves: the black woman's guide to understanding and overcoming anxiety, panic, and fear by dr. angela neal-barnett

- thousands of black women suffer from anxiety. what’s worse is that many of us have been raised to believe we are strong black women and that seeking help shows weakness. in soothe your nerves, dr. angela neal-barnett explains which factors can contribute to anxiety, panic, and fear in black women and offers a range of healing methods that will help you or a loved one reclaim your life. here, finally, is a blueprint for understanding and overcoming anxiety from a psychological, spiritual, and black perspective.

content-related podcasts

therapy for black girls by dr. joy harden bradford:

- *the therapy for black girls podcast is a weekly conversation with dr. joy harden bradford, a licensed psychologist in atlanta, georgia, about all things mental health, personal development, and all the small decisions we can make to become the best possible version of ourselves*

blackgirlinom:

- hosted by black girl in om founder lauren ash and art director deun ivory. this show uplifts, affirms, and informs and features a refreshing line-up of guests—including yogis, holistic lifestylists, clean beauty experts, and a plethora of other movers, shakers, and innovators within the wellness and beauty industries. this buzzworthy show speaks directly from women of color to women of color and strives to inspire women around the world.

passing through by nneka julia:

- nneka julia shares revelations and wisdom collected through travel, conversation, and self-education.

the gurls talk podcast by adwoa aboah

- your regular source of fierce female chat. hosted by adwoa aboah and featuring different guests, as they talk, share, listen and take control of their lives.

anti-sexual, non-profit organizations

new york

new york sexual violence helplines:

- in an emergency, call 911.
- new york state domestic & sexual violence hotline for confidential assistance: 1-800-942-6906
- report sexual assault on a new york college campus to the new york state police: 1-844-845-7269
- new york city: 1-800-621-hope (4673) or 311.

nyc alliance against sexual assault:

32 broadway suite 1101 new york ny 10004.

tel: 212-229-0345

crisis phone number: 212-514-7233.

website: <http://www.svfreenyc.org/>

- the mission of the new york city alliance against sexual assault is to prevent sexual violence and reduce the harm it causes through education, advocacy and research. through public education, cutting-edge programming, advocacy for survivors and the pursuit of legal and policy changes, the alliance is a hub for resources, information, and emergency care for/about sexual violence.

new york state coalition against sexual assault:

28 essex street albany, ny 12206

telephone: 518.482.4222.

website: <http://nyscasa.org/>

- new york state department of health-approved rape crisis centers provide free and confidential services for sexual assault victims, survivors, and their close family and friends. services at most centers include: free, confidential sexual assault hotline; information about sexual assault; referral to other community service providers as needed; crisis intervention and ongoing support; medical and legal advocacy; community awareness, outreach, and prevention activities. most crisis hotlines are available 24 hours a day, 7 days a week.

naimah efia:

new york, ny 10013

alchemist@naimahefia.com

tel: 646-531-1212

- naimah efia johnson is a licensed mental health clinician, yoga instructor, doula, healing justice practitioner, and community activist. within her work, she provides trauma-focused counseling through her private practice and in community-based settings. naimah has done extensive work with black women's blueprint, supporting survivors of sexual assault & violence.

crime victims treatment center:

40 exchange place, suite 510. new york, ny 1005.

tel: (212) 523-4728

website: <https://www.cvtcnyc.org>

- crime victims treatment center has state-certified rape crisis and domestic violence advocates that are available to help survivors of sexual assault and intimate partner violence who visit one of three emergency departments during overnight hours and on weekends (mount sinai west, mount sinai st. luke's, lenox health greenwich village) or to schedule an intake appointment. specially trained sexual assault forensic examiners (safes) are available 24 hours a day, and services such as individual or group therapy are available.

the shani baraka women's resource center:

300 clinton avenue newark, nj 07108.

tel: 212-523-4728.

website: <https://www.newarknj.gov/departments/shani-baraka-womens-resource-center>

- the shani baraka women's resource center is multi-faceted agency dedicated to providing comprehensive services to meet the needs of women and their families in crisis and transition. these services tackle the psychological effects of domestic violence, providing counseling, reporting, and advocacy; as well as providing social services, for example art therapy, and finally healthcare that includes everything from women sexual health to hiv/aids testing and counseling.

anti-sexual, non-profit organizations

new york

safe horizon:

74-09 37th ave, 4th fl, new york, ny, 11372.

tel: 718-899-1233

24 hour hotline: (800) 621-hope (4673).

website: <https://www.safehorizon.org/community-programs/>

- safe horizon works to ensure that survivors have ongoing support during their journey. with sites that serve all five boroughs of new york city, their community programs offer help for survivors of abuse or violence. their compassionate community program staff provide safety planning, advocacy, case management, information and referrals, supportive counseling, and support groups.

exhale to inhale yoga:

1732 1st avenue #21133 new york ny 10128.

tel: 800-585-6081.

website: <https://www.exhaletoinhale.org/>

- exhale to inhale empowers survivors of domestic and sexual violence to transform their lives. eti uses the practice of trauma informed yoga to empower survivors, while helping communities to develop skills and knowledge to support them. eti instructors draw upon advanced training and resources to plan weekly gentle movement and breathing exercises to meet the needs of those whose lives have been affected by trauma. "operating in this environment presents its own challenges. yet, in the midst of chaos, we attempt to create a safe space where survivors can breathe and connect with themselves."

black women's blueprint:

279 empire blvd. brooklyn ny 11225.

tel: 347-533-9102/3.

website: info@blueprintny.org

- black women's blueprint is aimed at creating a world free of violence, prevention and intervention of sexual violence, and disrupting rape culture. their strategies are "black feminist interventions" that link truth, justice, healing and reconciliation in a world that overlooks the hopes, dreams, and radical imaginations of black women.

healing waters global:

p.o box 5736 new brunswick nj 08901.

contact: dr. brenita mitchell waterheals@yahoo.com,

732.969.1115 (w) | 732.857.9958 (c)

- healing waters global is a nonprofit with a mission to provide a safe space for women and girl survivors of sexual abuse and violence, to break their silence, tell their stories and overcome the pain of sexual trauma. their "healing retreats" are designed to help survivors of sexual abuse and sexual violence get away from the stress of everyday life and spend a weekend in a safe and sacred space; includes prayer circle and art therapy.

one love:

bronxville ny, 10708.

telephone: 1-844-832-6158

website: www.joinonelove.org/

- love is the most important thing in our lives, yet we are taught very little about it. one love is on a mission to change that. we educate young people about healthy and unhealthy relationships, empowering them to identify and avoid abuse and learn how to love better. by engaging young people with powerful films and honest conversation, workshops, and peer-to-peer discussions, one love offers a framework that helps students spread our message online and in their communities.

contact us for more information:

hello@thebodyahomeforlove