



From the Center for Life Sciences

De-Stress with CREST

Exploring Self-Care for Collective Wellness

Wednesday, April 9 | 6:00 – 8:30 p.m.

National Center for Afro-American Artists

300 Walnut Street, Roxbury, MA 02119

Free with Registration

Life is full of stressors that can impact how we go about our daily routines, and now more than ever, it's essential to have the knowledge and skills to manage that stress. When we take care of ourselves, it benefits not just us, but also our families, friends, and communities.

Join us for a special event tailored to the Roxbury, Dorchester, and Mattapan communities, where you can:

- Hear from professionals about practical approaches to promote mental health and wellness.
- Connect with your neighbors to discover a community of support.
- Learn about local businesses and resources that can support emotional well-being.

This event has been planned in partnership with **CREST (Collaboration for Research Equity, Sustainability, and Trust)**, a collaborative of organizations and individuals committed to improving the health and welfare of underrepresented populations.

Refreshments will be available.

Participants receive a \$25 electronic gift card approximately one month post-program.



Scan the QR
code to register



FEATURING



Dr. Charmain Jackman

*Founder of InnoPsych
Author of The Black
Therapist's Guide to Private
Practice + Entrepreneurship*



Dr. Kevin Simon

*Chief Behavioral Health
Officer, Boston Public
Health Commission*



Nieisha Deed

*CEO & Founder of
PureSpark*