



@traumaspeaks | E: traumaspeaks@yahoo.com | W: traumaspeaks.weebly.com

Black History Month

Founded in 1915, Black History Month started with the goals of honoring the African diaspora and raising awareness for African-American history. This year's theme of "Black Health and Wellness" highlights the legacy of Black scholars and medical practitioners in Western medicine. It also brings awareness to initiatives to help decrease economic disparities and discrimination in medical institutions. These initiatives aim to include having more diverse practitioners and representation in all health sectors.



FEBRUARY WORKSHOP

Join us for a relaxing meditation session! We're hosting a free meditation workshop on February 19th in collaboration with Sol Healing. If you're interested in registering, check out our [website!](#)

Be heard. Break the stigma.



Trauma Speaks
Los Angeles | CA



VALENTINE'S EXCLUSIVE CANDLES

This month, we're selling our limited edition Valentine's Day candles! Perfect as a gift or anywhere at home! They're handmade and are made from natural soy wax. Candles are a great form of self-care that can help you destress after a long day. Our candle scents include jasmine and rose, vanilla, peppermint, and more in four different sizes. Get yours [here!](#)



COLLABORATION OPPORTUNITIES

For our past collaboration, we guested on the Mental Ginger Show to raise awareness for mental health and to share our personal mental health stories. Make sure to check this episode out! If you're interested in collaborating, please reach out via traumaspeaks@yahoo.com.

JOIN THE COMMUNITY!

Be heard. Break the stigma.



Trauma Speaks
Los Angeles | CA