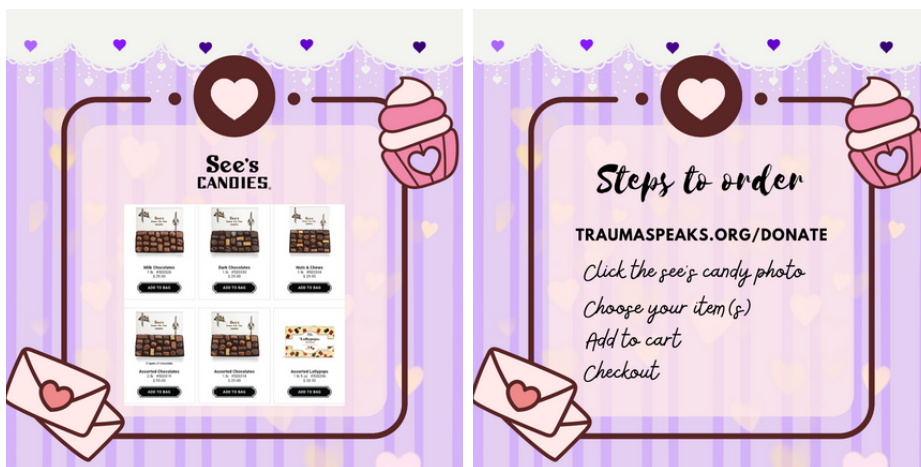


February Newsletter



For this year's Black History Month, the theme honoring **Black Resistance** focuses on the resilience of Black Americans during racial terrorism and oppression. It's important to not only advocate for those whose voices cannot be heard, but to also celebrate the legacy of Black Americans whose power to lead and overcome has expanded the meaning and practice of American freedom and democracy.

Valentine's Day See's Fundraising



Valentine's Day is coming up and we are hosting a fundraising event, thanks to See's Candies! If you or your loved one's love language is receiving gifts, here's an option for you! Did you know that chocolate's been shown to influence serotonin in your brain? Serotonin is one of the neurotransmitters that when imbalanced can result to depression. You can choose from a variety of different types of chocolate goodies that will serve as both a great gift and a way to help our cause! Shop [here](#)

Join Our Community

You can always subscribe to our newsletter and follow us on social media to be a part of our community! Keep up with our latest events, blog posts, podcast episodes, and more!

If you or anyone you know want to be collaborators for our Mental Health event, fill out our [survey!](#)

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