



WED. JULY 21, 2021
1:30 PM - 5:30 PM EDT



TCONYERS@RCNC.ORG

Increasing attention to systemic racism in the United States in all aspects of life has sharpened focus on its effects on the health outcomes of Black, Latinx, and Indigenous populations, particularly the men within these populations. Racial disparities in substance use disorders remain a significant public health problem including mental health concerns,

[illegible]

This workshop is essential for BIPOC men who are in the crosshairs of racial injustice, substance use disorders, mental wellness & the providers offering them professional support.

NC DEPARTMENT OF
**HEALTH AND
HUMAN SERVICES**
Division of Mental Health,
Developmental Disabilities
and Substance Abuse Services



THE WARRIOR KING

LEARNING TOPICS

👤 The intersection of race, racism, and mental health for BIPOC men

👤 The stress-related effects of discrimination on cardiovascular disease and chronic illness

👤 Praxis as a practice in overthrowing internalized oppression
Creating sacred space for the traditional role of BIPOC (black, indigenous and people of color) man as warrior king

👤 The mitigating effects of mindfulness and meditation on self-worth

👤 Resiliency in the face of racism and retaliation

👤 Anxiety and substance abuse disorder in the context of racial profiling and discrimination

👤 The link between frustration, racial injustice and blood pressure



RCNC Health and Wellness Advocate and Consultant.

...IS A SPEAKER. DAUGHTER . BUSINESS COACH. MOTHER. GROUP FACILITATOR. ADVOCATE. FRIEND. FULL -CIRCLE DOULA COMMITTED TO BIRTHING A LEGACY OF INSPIRED LEADERS WHO - WHILE HEALING- MAKE A BOLD DIFFERENCE. CERTIFIED IN MIND-BODY MEDICINE, BENUUAS KENYA POPE WORKS WITH THOSE WHO STRUGGLE WITH SUBSTANCE USE DISORDERS, THEIR FAMILIES AND ALLIES & SUPPORTS SURVIVORS OF COMPLEX TRAUMA TIED TO RACIAL INJUSTICE, GENDER -BASED CRIMES, OR WEALTH AND HEALTH DISPARITIES, TEACHING US THAT EMBODIED WHOLENESS IS ACCESSIBLE.

RCNC FACILITATOR
BENUUAS KENYA POPE
COMMUNITY HEALER

🌐 WWW.KENYAPOPE.COM

SAVE THE DATE / REGISTER / JOIN US

WEDNESDAY, JULY 21, 2021



FREE ZOOM WORKSHOP
WITH REGISTRATION



REGISTRATION VIA EMAIL TO
TCONYERS@RCNC.ORG