

“BRIDGING SACRED UNDERSTANDINGS,
JUSTICE, AND COMMUNITY”

HEALING ROOTS

MENTAL HEALTH
AWARENESS MONTH



MAY 2026 | MENTAL HEALTH & RESTORATION



This year, Mental Health America invites us into a simple but powerful vision: “More Good Days, Together.” In Black communities, that phrase carries a deeper meaning. A good day might mean safety without fear, access to care, and the space to breathe. It means being seen and supported as a whole person, mind, body, and spirit.

During Mental Health Awareness Month, we are reminded that healing is connected to justice. Black women, in particular, continue to navigate trauma, reproductive health challenges, economic strain, and systemic inequities. Creating more good days requires spaces that honor rest, affirm lived experiences, and provide culturally grounded, trauma-informed care.

The truth is, we weren’t always taught to focus on healing; we were taught to push through. That strength carried us, but it also left many holding more than we were meant to carry alone.

Faith and community leaders have a role to play in shifting that cultural mindset away from just pushing through. Scripture reminds us that even Jesus stepped away to rest (Mark 6:31), and the Qur’an teaches that no soul is meant to carry more than it can bear (2:286).

Our elders have always said, “You can’t pour from an empty cup.” Maybe that’s what “more good days” really means: making space for rest, care, and the kind of healing that allows us not just to survive, but to live.

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WE SERVE

**THIS MONTH'S
ANNOUNCEMENTS**



SAVE THE DATE FOR FARS 2026!



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EARLY BIRD SALE IS NOW! GET YOURS BEFORE THEY ARE GONE 6/10.

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DEADLINE IS AUGUST 4, 2026.**

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**FARS SCHOLARSHIP APPLICATIONS
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DEADLINE IS JULY 3, 2026.**

Apply Now



HEALING ROOTS

REST,
REPAIR, &
RECLAIMING
OUR POWER



DR
UMEIKA HANKTON
GUEST SPEAKER



WITH ELDER
VICTOR HANNAH

FRI
MAY 22
730PM CST



STREAM 

“BRIDGING SACRED UNDERSTANDINGS,
JUSTICE, AND COMMUNITY”

EMPLOYEE SPOTLIGHT



Say hello to
LA'SHAYAMARROW
HUMAN RESOURCES MANAGER



La'Shaya Marrow, MSHR, is an experienced Human Resources professional with more than 10 years of progressive HR leadership. She began her career in 2016 as an HR Administrative Assistant and earned her Master of Science in Human Resources in 2018, steadily advancing into strategic HR management roles.

In 2021, La'Shaya served as Human Resources Manager for a Connecticut-based nonprofit organization, where she played a pivotal role in establishing its first formal HR department in over 30 years of operation. As the organization's inaugural HR staff member, she successfully built and led a comprehensive, people-centered human resources function, developing systems and policies that supported staff growth, compliance, and organizational sustainability.

La'Shaya joined SisterReach, Inc. in March 2025 as Human Resources Manager, bringing her expertise in building strong HR infrastructure and culture-forward practices. In this role, she contributes to the development of SisterReach's growing HR department, leveraging her experience to support staff, leadership, and organizational growth. Her professional background spans all facets of human resources, including compliance, compensation, talent management, performance management, organizational and professional development, and recruitment.

Grounded in a people- and culture-centered approach, La'Shaya is committed to fostering supportive workplace environments that prioritize equity, growth, and accountability. Her leadership strengthens organizational stability while helping to ensure long-term sustainability and a thriving workforce aligned with SisterReach's mission and values.

You are Appreciated!

“BRIDGING SACRED UNDERSTANDINGS,
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SPECIAL ANNOUNCEMENT FROM OUR CEO



[GIVE NOW](#)

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“BRIDGING SACRED UNDERSTANDINGS,
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4,000 FAMILIES

SERVED

2025 marked a year of growth, impact, and renewed commitment to our community.

We served more than 4,000 families through Pearl’s Pantry and expanded harm-reduction efforts by increasing distribution of Narcan, HIV tests, emergency contraception, and other essential supplies.

We also completed a new strategic plan to guide the next three years of our work in an ever-changing political and social climate. Your continued support makes this work possible and moves us closer to a future where healthcare, safety, and equity are not privileges — but a right for all.



Join The Reach Collective:

Become a monthly donor and double your impact thanks to our \$150,000 Shelby County match.

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VIEW OUR 2025 IMPACT

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