

WE ARE THE PEOPLE
WE SERVE.



SisterReach

HEALING ROOTS

MENTAL HEALTH
AWARENESS MONTH

MAY 2026
FROM THE DESK
OF THE CEO



Mental Health, & Restoration

May is Mental Health Awareness Month—a time to affirm that mental health is not separate from our lives, but deeply connected to our ability to live, love, parent, work, and exist with dignity.

Mental health wellness is a Reproductive and Sexual Justice issue. The conditions that shape our mental well-being—access to healthcare, economic stability, bodily autonomy, freedom from violence, and the ability to make decisions about our lives—are the same conditions that inform the goals that RSJ aims to achieve.

For Black women, women and teens of color, queer and gender-expansive folx, and people navigating poverty or rural isolation, mental health challenges are compounded by systemic barriers. Criminalization, stigma, lack of culturally responsive care, and ongoing exposure to trauma—whether through violence, discrimination, or policy harm—create environments where survival is prioritized over healing.

We cannot talk about mental health without naming the impact of forced pregnancy, lack of abortion access, maternal health inequities, HIV stigma, gender-based violence, and economic instability. These are not separate issues; they are interconnected realities that shape whether people have the support they need to thrive.

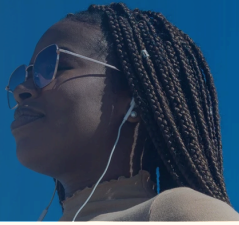
Mental wellness requires more than awareness—it requires cultural humility, investment in care, community support, and systems that prioritize people over punishment. It demands access to affirming, trauma-informed, patient-centered care without stigma, shame, or barriers.

Reproductive and Sexual Justice affirms that every person has the right to not only survive, but to be well. Mental health is not a privilege. It is a fundamental human right.

Charisse Scott
Founder & CEO, SisterReach

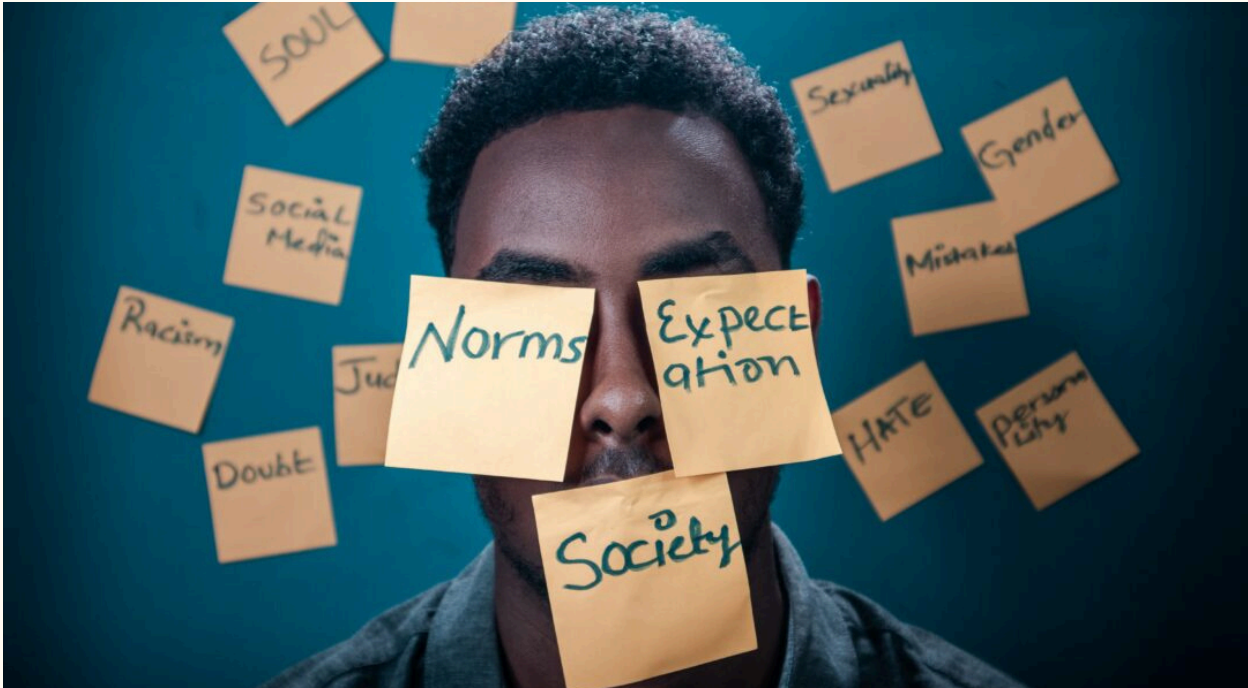
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MEMPHIS LET'S TALK!

Mental Health Is Not a Luxury It's a PRIORITY!



Let's start here: everyone has mental health. It exists on a spectrum between mental wellness and mental illness. Mental wellness means being able to cope, function, and move through life with balance—and it also includes living in love, joy, and abundance. Mental illness refers to conditions like depression or anxiety that may require additional support and care.

In Memphis, stigma keeps too many of us silent. When we avoid talking about mental health, it creates both disease and dis-ease—unaddressed stress that impacts our bodies, relationships, and communities. This is especially critical in Black communities, where mental health is deeply connected to reproductive justice—our right to live, parent, and thrive in safe environments.

Checking In with Yourself

That stigma didn't come from nowhere. It's rooted in history—survival, systemic racism, and cultural messages that told us to “be strong” instead of seeking help. For Black men, women, and youth, this silence can be especially harmful.

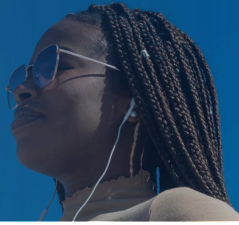
But we can shift this.

Start by checking in with yourself. Build community. Set boundaries. Rest. Seek support without shame. Care for your body. And make space for joy.

Memphis, resilience is powerful—but we deserve more than survival. We deserve wellness. Memphis, it's time to change the narrative and begin taking care of our mental health!



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THIS MONTH'S
ANNOUNCEMENTS

SAVE THE DATE FOR FARS 2026!



FAITH ADVOCACY
& RELIGION
SYMPOSIUM

A SisterReach Program

OCTOBER 14-17, 2026!

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

Buy Now



PROTECTING
HUMANITY
STANDING IN
Sacred
AUTHORITY



FAITH ADVOCACY
& RELIGION
SYMPOSIUM

OCT 14-17
MEMPHIS

FOR MORE INFO, VISIT SISTERREACH.ORG
SAVE THE DATE

YOU DON'T HAVE TO
CARRY THIS
ALONE.

CareOnHand is a
peer-led support
group for people
navigating substance
use.

This group is a
nonjudgmental and
brave space where you
are seen, heard, and
supported.

*Come as you are.
Leave feeling less alone.*



CareOnHAND
PEER SUPPORT GROUP



REGISTER NOW



MAY 28, 2026 | 6:30P

FOR MORE INFO, EMAIL KITINDA@SISTERREACH.ORG
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Join our Care on Hand Support
Group. A brave space
that meets you where you are.

PARTICIPATION DOES NOT
REQUIRE SUBSTANCE
ABSTINENCE. SIGN UP TODAY.
CLICK THE LINK BELOW.



TAP IN. SHOW UP.
BE HEARD.

YOUNG MEN FIGURING THIS THING
CALLED "LIFE" OUT TOGETHER!

LET'S LEVEL UP! AGES 18-25
SIGN UP TODAY. CLICK THE
LINK BELOW.



BrotherReach
A PROGRAM OF SISTERREACH

SIGN UP TODAY!

**BUILT FOR YOUNG MEN
FIGURING IT OUT
TOGETHER.**

<p>Level up your life with a community that's about:</p> <ul style="list-style-type: none"> ✓ Brotherhood ✓ Transparent Conversations ✓ Career + Life Direction ✓ Mental & Sexual Health 	<p>Who It's For:</p> <p>Young men ages 18-25 (College students + early career)</p> <p>When to Pull Up</p> <ul style="list-style-type: none"> • Weekly Check-ins: Mondays + Wednesdays
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Tap In. Show Up. Be Heard.

CONNECT WITH JOSHUA FOR MORE INFORMATION. joshua@sisterreach.org

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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.

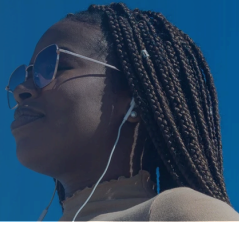
La'Shaya joined SisterReach, Inc. in March 2025 as Human Resources Manager, bringing her expertise in building strong HR infrastructure and culture-forward practices. In this role, she contributes to the development of SisterReach's growing HR department, leveraging her experience to support staff, leadership, 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!

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SPECIAL ANNOUNCEMENT FROM OUR CEO

SisterReach

WATCH HERE

WATCH VIDEO

CHERRISSE SCOTT
CEO AND FOUNDER OF SISTERREACH

[GIVE NOW](#)

[CLICK HERE TO VIEW](#)

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SisterReach

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.

[Join Now»](#)

VIEW OUR
2025 IMPACT

[View Now»](#)

