



# Take Space

Resources for  
Your Well-being





# Let's talk about health and wellness.

Mental health and personal well-being are among the most important things in life—but the hardest to achieve. Together, they hold the keys to a joyful existence: one where you spend more time on things that really matter, smile more than you frown, and bring your best self to the world. Focusing on mental health and personal wellness allows us to build strong relationships, make better decisions, and live more confidently. But discrimination still exists within the very systems that are meant to get us there.

For decades, inequities in the health care and the wellness industries have been a devastating hurdle for communities of color. [Research](#) from the U.S. National Academy of Sciences reveals that racial bias can directly affect diagnoses, treatment, and pain assessments, leading to a general distrust of the health care system. And finding space for mental health is not much easier. According to [Mental Health America](#), less than 2% of American Psychological Association members are Black, creating concern that practitioners are not culturally sensitive enough to treat the specific issues of the Black community.

The health and wellness industries can be unwelcome spaces for communities of color, but more and more champions of the cause are emerging as we examine systemic barriers and challenge the stigmas of asking for help.

# It's time to **Take Space.**

Use this curated wellness directory to find welcoming Black practitioners, organizations, and communities near you. Spaces where you feel safe, seen, and supported are critical on your path to well-being.



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# Mental Health

According to Black survey respondents, mental health has the greatest impact on overall well-being. The state of our mental health determines how we build relationships, the choices we make, and how we handle stress. Unfortunately, the stress of enduring systemic racism and cultural appropriation on a daily basis has a lasting impact on the mental health of members of the Black community. And one in three respondents say they can't prioritize mental well-being as much as they would like.

Because only **4%** of psychologists in the U.S. identify as Black, it can be difficult to find help from someone who not only understands your challenges but also creates a space that feels safe and nurturing. The following mental health resources can help you find Black mental health experts like therapists and life coaches or resources to support you day-to-day.



# Mental Health

## **AAKOMA Project**

*Online*

The AAKOMA Project offers free virtual therapy and workshops for teens and young adults of color, while educating youths and their families on the importance of mental health.

[Learn more](#)

## **Across Boundaries**

*Canada*

Across Boundaries provides dignified, inclusive, and compassionate mental health and addiction services for racialized communities, including individual support, support groups, and more.

[Learn more](#)

## **Ayana Therapy**

*Online*

Ayana Therapy believes finding the right therapist is a right, not a privilege. They provide mental health care for marginalized communities. Get matched with a licensed counselor and begin the therapy journey.

[Learn more](#)

## **Black Emotional and Mental Health (BEAM) Collective**

*Online*

BEAM is a national training, movement-building, and grant-making institution dedicated to the healing, wellness, and liberation of

Black and marginalized communities. Their mission is to remove the barriers Black people experience through education, training, and advocacy.

[Learn more](#)

## **Black Mental Health Alliance (BMHA)**

*Online*

The BMHA exists to develop and promote culturally-relevant educational forums and training that support the health and well-being of Black people and their communities. Connect with clinicians or browse resources online.

[Learn more](#)

## **Black Wellness (BWell) Collaborative**

*California*

This SoCal collaborative's goal is for Black people to receive the same care, dignity, compassion, and respect as others when receiving health care.

[Learn more](#)

## **Center for Holistic Development**

*Nebraska*

This center offers a variety of mental health, wellness, behavioral health, and children's programs with the slogan, "Change your thinking, change your life!"

[Learn more](#)

## **Dive in Well**

*Online*

Not everyone has access to health care and wellness. Dive in Well amplifies diverse voices in wellness to change that. The organization offers diversity, equity, and inclusion training, partnerships, sponsorship, seminars, and programming.

[Learn more](#)

## **Ethel's Club**

*Online*

Founder and CEO Naj Austin named Ethel's Club after her grandmother Ethel Lucas, a matriarch in her community. Austin and her team create virtual and physical communal spaces that celebrate and center people of color.

[Learn more](#)

## **Inclusive Therapists**

*Online*

A safer, simpler way to find a culturally responsive, LGBTQ+ affirming, social justice-oriented therapist.

[Learn more](#)



# Mental Health

## **Making the Body a Home**

*Online*

Here, homecoming takes on a spiritual and physical meaning. Making the Body a Home offers virtual wellness classes intentioned to help participants heal and unlearn racist conditioning.

[Learn more](#)

## **Melanin & Mental Health®**

*Texas and Online*

This mental health hub is focused on both sides of the care equation by helping members of the Black and Latinx community find therapists and giving clinicians a platform to connect with potential patients.

[Learn more](#)

## **National Queer and Trans Therapists of Color Network**

*Online*

This nonprofit and professional development network provides an interactive directory for queer and trans people of color (QTPoC) to locate QTPoC mental health professionals across the U.S.

[Learn more](#)

## **The Loveland Foundation**

*Online*

The Loveland Foundation is an organization dedicated to providing free therapy and mental wellness resources for Black women, girls, and gender expansive folks nationwide.

[Learn more](#)

## **Therapy for Black Girls**

*Online*

Therapy for Black Girls is a space where women of color can find a therapist, join support groups, or read about relevant mental health topics in an accessible way.

[Learn more](#)

## **Therapy for Black Men**

*Online*

Therapy for Black Men aims to break the stigma that asking for help is a sign of weakness. They offer a nationwide directory of therapists and life coaches that can be filtered by location and expertise.

[Learn more](#)





# In your own time

Resources that make taking a moment for mental health easier than ever

## Shine

*Online*

Shine is an inclusive mental wellness app that provides daily meditations, self-care courses, personalized support, and virtual workshops with an emphasis on marginalized communities.

[Learn more](#)

## Ourselves Black

*Online and in print*

Ourselves Black is a biannual magazine that explores mental health in the Black community through interviews, resources, stories, and photography.

[Learn more](#)

**"I take a solo trip once every quarter to focus on myself and recharge. During this trip, I disconnect from my work obligations to **focus on my well-being** and to only answer to myself. I create space to think, rest, and take in solitude."**



Tonya Rapley, owner of [My Fab Finance](#), on how she focuses on wellness.

# 54%

**54% of Black respondents say the COVID-19 pandemic and the events of 2020 have made personal well-being a higher priority.**

SOURCE: [QuickBooks](#), 2022.

# Physical Health

We all know that physical health—staying active, eating well, and getting regular checkups—is important. And each year on January 1, many of us vow to do these things better. The most popular New Year’s resolutions are about living healthier and exercising. But meeting these goals is easier when you have the right people in your circle: people you can trust.

Unfortunately, years of racial bias have led to a distrust of medical professionals from the Black community, making it more difficult for Black people to prioritize physical health. According to a [new poll](#) by the Kaiser Family Foundation, less than 6 in 10 Black adults say they trust doctors to do what is right. Use the following resources to find Black medical professionals in your area, connect with nutritionists and fitness experts, and get quality care you can feel confident about.





# Physical Health

## **African American Wellness Project (AAWP)**

*Online*

The AAWP provides trusted health information that enables the African American community to better navigate the health care system and advocate for their wellness. Browse doctor-recommend content and understand your medical symptoms.

[Learn more](#)

## **American Association of Naturopathic Physicians (AANP)**

*Online*

The AANP represents licensed naturopathic doctors and other health care professionals allied with the naturopathic profession. Use their directory to find a doctor or learn more about naturopathic medicine.

[Learn more](#)

## **Association of Black Women Physicians**

*California*

This nonprofit empowers Black women physicians to lead in health and wellness for themselves and their communities.

[Learn more](#)

## **Black Doctors of South Florida**

*Florida*

This organization connects Black patients to Black doctors through a user-friendly online directory of Black medical professionals, dentists, and therapists.

[Learn more](#)

## **Black Doctors USA**

*Online*

Find Black physicians, pediatricians, dentists, and specialists located in your area. Black Doctors USA provides health resources for patients and opportunities for professionals.

[Learn more](#)

## **Black Health Alliance**

*Canada*

The Black Health Alliance is a community-led registered charity working to improve the health and well-being of Black communities in Canada through groundbreaking research, strong partnerships, and people.

[Learn more](#)

## **Black Physicians Network of Greater Rochester**

*New York*

This innovative nonprofit think tank offers mentorship, support, scholarships, and a directory of practitioners.

[Learn more](#)

## **Black Physicians of Canada (BPC)**

*Canada*

The BPC Canadian Black Physicians Wellness Project helps Black physicians prioritize their own health and wellness.

[Learn more](#)

## **Black Women for Wellness**

*California*

Black Women For Wellness is committed to healing, supporting, and educating black women and girls through health education, empowerment, and advocacy.

[Learn more](#)

## **Black Women's Health Imperative (BWHI)**

*Online*

The BWHI is the first nonprofit organization created by Black women to help protect and advance the health and wellness of Black women and girls through education, policy change, and research.

[Learn more](#)

# 48%

**48% is the percentage of Black survey respondents that do not have sufficient health insurance or any at all.**

SOURCE: [QuickBooks](#), 2022.

# Physical Health

## Center for Black Women's Wellness

*Atlanta, Georgia*

Serving Metropolitan Atlantans for more than 33 years, the Center focuses on improving the health and well-being of women and their families with offerings like reduced-fee clinic services, free health programs, and financial workshops.

[Learn more](#)

## Diversify Dietetics

*Georgia*

Registered dietitian nutritionists and students of color are able to network and list themselves in a directory through this nonprofit organization.

[Learn more](#)

## Harriet's Apothecary

*New York*

This self-organized healing collective in Brooklyn focuses on achieving wellness and developing resilience.

[Learn more](#)

## HUED

*Online*

This online portal connects patients of color with medical practitioners of color for more compassionate and understanding care.

[Learn more](#)

## The Center for Black Health & Equity

*North Carolina*

The Center for Black Health & Equity is a national nonprofit organization that facilitates health programs to benefit communities and people of African descent.

[Learn more](#)

## Women's Health in Women's Hands (WHIWH)

*Ontario, Canada*

WHIWH provides a network of health care professionals who have experience and expertise in the health and wellness needs of women of color. Their team ranges from physicians and nurse practitioners to specialists like dietitians and chiropractors.

[Learn more](#)

“Wake up and choose a tool—a physical book, an audiobook, or a podcast—and simply **dedicate the first 15 minutes of your day** to it. This is the mental version of training daily for a marathon. Just like you would train regularly to make sure your body was in shape to handle the event, you should **train your mind regularly** to make sure it is ready for the events of life.”



Karim Watson, **fitness and diet coach**, on the balance of mental and physical health.



# Community

Connection is critical to mental and emotional health. The feeling of community invokes feelings of belonging, support, and purpose: three things that are especially important for marginalized or vulnerable groups. People without community support are more likely to experience mental health challenges, while feeling valued and comfortable within a group prevents and reduces isolation, anxiety, and depression.

It's in these spaces created specifically for a unified community with shared challenges, experiences, and history where healing and empowerment can be discovered and nurtured. The following resources are Black-owned and operated places and communities where you can find and connect with peers, learn, and share experiences.



# Community

## **African American Breast Cancer Alliance, Inc. (AABCA)**

*Online*

The AABCA provides hope, awareness, education, and support for African American breast cancer survivors, their families, and the community.

[Learn more](#)

## **Black Space Winnipeg**

*Manitoba, Canada*

This grassroots organization spreads pro-Black conversation and perspectives of Afrocentrism by creating safe spaces for people of color.

[Learn more](#)

## **Black Women's Blueprint**

*New York*

Black Women's Blueprint provides services and spaces for healing and human connection with the natural world. They provide land for Black farmers, host healing retreats, and offer workshops on increasing food accessibility.

[Learn more](#)

## **Diversity Uplifts, Inc.**

*Online*

This nonprofit organization is dedicated to supporting diverse communities and increasing humility among the providers who serve them—all through direct services, consulting, and training.

[Learn more](#)

## **La Create Sp\_ace**

*Inglewood, California*

A community-focused, membership-based coworking space where members have access to workspaces, hot desks, conference rooms, production studios, and more.

[Learn more](#)

## **Mystic Soul**

*Illinois*

The Mystic Soul Project offers a community space for people of color to build a network of spiritual and healing support by engaging with the teachings of various divine wisdom traditions.

[Learn more](#)

## **Naaya**

*Online*

Naaya is a black-owned wellness collective that provides digital salons, workshops, and mindfulness classes.

[Learn more](#)

## **Sad Girls Club**

*Online*

Sad Girls Club aims to destigmatize mental wellness and create a community for female millennial and Gen Z people of color looking for mental health resources.

[Learn more](#)

## **Safe Black Space**

*Sacramento, California*

In response to increased racial tensions and trauma, Safe Black Space formed to offer community healing circles in and around Sacramento as a way to connect and share experiences, in addition to culturally specific resources for mental wellness.

[Learn more](#)

## **Space Called Tribe**

*Florida*

This membership-based coworking space exists as not only a comfortable and safe workspace for people of color but also as a community for connection, knowledge-sharing, and weekly events and workshops.

[Learn more](#)



# Community

## The Gathering Spot

*California, Georgia,  
and Washington, D.C.*

This private members club offers private meeting rooms, concierge services, a full-service bar and restaurant, and most importantly, the opportunity to connect with like-minded creatives and professionals.

[Learn more](#)

## The Gentlemen's Factory

*Brooklyn, New York*

This self-described "phygital" (physical and digital) space promotes mental health awareness and fosters community among Black men through one simple message: You're not in this alone.

[Learn more](#)

## The Metaphor Club

*California*

The Metaphor Club is a creative hub and coworking space for black writers, entrepreneurs, and creatives to collaborate, connect, and form community.

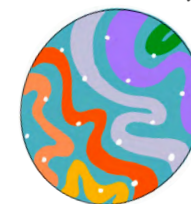
[Learn more](#)

## Zora's House

*Ohio*

Zora's House is the only coworking and community space in central Ohio catering specifically to women of color. They offer workshops and other events designed to foster sisterhood, clarity, and confidence. A robust lending library provides additional resources to members.

[Learn more](#)





# Find pride

Support by and for the LGBTQ+ community

## **Black Trans Advocacy Coalition (BTCA)**

*Online*

Through community education, public policy initiatives, and direct support, the BTCA works to put an end to inequalities faced by Black trans people in health, employment, housing, and education.

[Learn more](#)

## **Black Trans Femmes in the Arts (BTFA)**

*Online*

The BTFA Collective is on a mission to create spaces for the production and preservation of Black trans femme art and culture by providing direct support to Black trans femme artists.

[Learn more](#)

## **Rest for Resistance**

*Online*

Rest for Resistance promotes intersectional emotional support resources for trans and queer people of color. Events and workshops include yoga, journaling, Reiki, meditation, and dance.

[Learn more](#)

## **Brave Space Alliance**

*Chicago, Illinois*

Brave Space Alliance is a Black-, trans-led LGBTQ+ center dedicated to creating and providing culturally relevant resources, programming, and services for LGBTQ+ people.

[Learn more](#)



Jarmal "Chef Redd" Smith, owner of **Taste Bud Bullies**, on the Black entrepreneur community.

"The biggest way to support our Black communities is by sharing knowledge. Continuing to teach, compare notes, and **just listen to each other...** When a community shows up for one another, it breaks boundaries."

# ★ Self Care & Relaxation

Yoga, meditation, weekend retreats. This type of self-care (the type where you treat yourself and indulge a bit) is essential to your mental well-being and physical health. It allows you to de-stress and release that warm, fuzzy, happiness-inducing serotonin. But today's wellness industry can feel unwelcoming for many people of color. In our frantically-paced society (and particularly across social media), well-being is presented through a predominantly white lens and can feel difficult to achieve, expensive to access, and exclusive to certain bodies.

But true self-care doesn't come from a cryotherapy machine. It comes from taking space for yourself in places you feel welcomed and supported. Places that promote and understand your unique self-care needs. Use these resources to explore new ways to relax and unwind—from yoga and meditation retreats to hiking groups and spa packages—all catered to the Black community.



# Self-Care & Relaxation

## **Backyard Basecamp**

*Baltimore, Maryland*

This Baltimore City-based organization serves to reconnect Black, Indigenous, and people of color (BIPOC) with nature through professional development, environmental education, village building, garden support, and wellness programs.

[Learn more](#)

## **Black Girl In Om**

*Online*

Black Girl In Om offers a community-centered digital membership to a space where Black girls can breathe easy, complete with curated content and experiences designed for Black women.

[Learn more](#)

## **black girls breathing**

*Online*

black girls breathing provides accessible resources for Black women and girls to manage their mental health via breathwork and community. Join a free virtual breathwork session or access their meditation library.

[Learn more](#)

## **Black Girls Hike RVA**

*Richmond, Virginia*

Black Girls Hike RVA was founded in 2020 when two friends noticed a distinct lack of diversity on their favorite hiking trails. They hope to inspire others to be comfortable in the great outdoors. Join them for a monthly hike.

[Learn more](#)

## **Black Women Healing Retreats**

*Online*

Retreats in Costa Rica and Jamaica provide time for Black women to soak in culture, education, and adventures and participate in healing and processing sessions.

[Learn more](#)

## **Black Yoga Magic**

*Online*

Black Yoga Magic is an online global directory featuring Black yoga teachers from around the world. It's their mission to make yoga more visible and accessible to the Black community.

[Learn more](#)

## **Diversify Outdoors**

*Online*

This coalition of digital influencers, affinity groups, nonprofits, and allies promotes diversity in outdoor recreation and conservation. They are passionate about creating a more

equitable outdoors for people of all races, genders, orientations, body types, ages, skill levels, and abilities.

[Learn more](#)

## **FreeForm Embodied Liberation**

*Online*

Embodied Liberation Coach Carmen Chandler helps you connect with your body, get clear on your truth, and cultivate the power to live free.

[Learn more](#)

## **Liberate Meditation**

*Online*

Build your meditation practice, listen to talks from BIPOC thinkers, and heal through resources for common cultural experiences like microaggressions and internalized racism on this subscription-only app.

[Learn more](#)

## **Melanin Base Camp**

*Online*

This was created to increase the visibility of outdoorsy BIPOC and representation in the media, advertising, and the stories we tell ourselves about the outdoors.

[Learn more](#)





# Self-Care & Relaxation

## Outdoor Afro

*United States*

Outdoor Afro promotes black connections in nature, offering outdoor experiences like group hiking, camping, birding, skiing, or kayaking.

[Learn more](#)

## Soul Trak Outdoors

*Washington, D.C.*

Soul Trak connects communities of color to the outdoors by offering active opportunities like hiking, paddling, climbing, biking, and camping.

[Learn more](#)

## Swivel

*Online*

Swivel helps women of color find and book appointments with vetted stylists that have expertise with natural or relaxed hair.

[Learn more](#)



# Treat yourself

Resources to help you find moments of beauty

## Swivel

Online

Swivel helps women of color find and book appointments with vetted stylists that have expertise with natural or relaxed hair.

[Learn more](#)

## Myavana

Online

Send a sample of your hair to Myavana's lab and get a highly personalized hair care plan that includes recommended products, ingredients, local stylists, and even a consultation with a personal hair coach.

[Learn more](#)

## StyleSeat

Online

Find and book local beauty professionals that have expertise in everything from braids and locs to nail art and eyelash extensions.

[Learn more](#)

"One of my taglines at the end of my classes is to hydrate. Every cell in your body needs oxygen—which you take care of during yoga class—and every cell needs hydration. **I'm also a big proponent of taking baths, resting, and getting massages.** Even if you can't afford a bigger massage experience, invest in some really nice oil and massage yourself."

Adrienne "Ajax" Jackson, owner of [Magnolia Yoga Studio](#), on how to practice self-care.



# ★ Family and Caregivers

Family, whether biological or chosen, is a foundational pillar of personal health. Families who can manage basic needs and make decisions together are better equipped to lead joyful, healthy lives. It is essential that our families—our support systems—have a sense of self-worth, responsibility, and safety.

But a lot of factors can impact the well-being of a family (biological and/or chosen), including where you live, work, and play. Location and income can limit access to quality health care, pregnancy and maternal care, and child care, which are especially important for Black women and their families. Black women tend to suffer more pregnancy and birth complications than others, which can result in lasting challenges.

We all need the right resources to thrive and provide the best care for our families. Look to these resources to find doulas, pregnancy experts, and child development resources that allow you to build a healthy, happy family unit.



# Family and Caregivers

## **Black Mamas Matter Alliance (BMMA)**

*Online*

The BMMA advocates for Black mothers, drives research to improve Black maternal health, and explores holistic approaches to Black mamas' care. Join their network or browse online resources.

[Learn more](#)

## **Black Mothers' Breastfeeding Association (BMBFA)**

*Online*

The BMBFA's mission is to reduce racial inequities in breastfeeding support for Black families by providing education, resources, and ongoing assistance to families and the agencies that serve them.

[Learn more](#)

## **Black Outside, Inc.**

*San Antonio, Texas*

Black Outside wants to reconnect Black youth to the outdoors through culturally relevant outdoor experiences, ensuring Black youths have safe and equitable spaces outside.

[Learn more](#)

## **Black Women Birthing Justice (BWBJ)**

*Oakland, California*

BWBJ is a grassroots collective committed to transforming the birthing experience for Black women. They aim to educate and inform, document Black birth stories, and keep birth sacred.

[Learn more](#)

## **Black Youth Project**

*Online*

The Black Youth Project is an online platform that highlights the voices and ideas of Black millennials. It's the preeminent research body for data concerning young Black Americans.

[Learn more](#)

## **Camp Atwater**

*Massachusetts*

Atwater provides campers with a safe, nurturing, and Afrocentric environment. Campers come away with new ways of thinking about themselves, society, and how they factor into society.

[Learn more](#)

## **District Motherhued**

*Washington, D.C. area*

After noticing a lack of representation in local mom groups in the D.C. region, Nikki Osei-Barrett and Simona

Noce Wright founded District Motherhued as a community for millennial mothers of color.

[Learn more](#)

## **Frontline Doulas**

*Online*

Connect with a Black doula using the Frontline Doula Hotline, a respectful "warm line" that allows you to schedule a video call with a professional doula for emotional support and practical pregnancy guidance.

[Learn more](#)

## **Irth**

*Online*

Black and brown women and birthing people of color can find and review OB/GYNs, birthing hospitals, postpartum care, and pediatricians on this social change app.

[Learn more](#)

## **Lessonbee**

*Online*

This online earning platform offers health education content to promote stronger mental and emotional well-being.

[Learn more](#)

# 37%

**37% of Black survey respondents say a closer connection to family and friends would make 2022 a successful year.**

SOURCE: [QuickBooks](#), 2022.

# Family and Caregivers

## **Mahmee**

*Online*

Mahmee is a HIPAA-secured platform that supports parents from pregnancy through their child's first birthday. Among its vast suite of offerings, Mahmee provides personalized advice, a place to connect baby and childbearing parent's medical records and care team, online courses, and membership perks, like baby brand discounts.

[Learn more](#)

## **Mama Glow**

*New York*

Mama Glow assists people wanting to get pregnant and families in every step of their childbearing journey. Mama Glow offers services "from menarche to menopause" with the goal of holistic wellness.

[Learn more](#)

## **mater mea**

*Online*

Latin for "my mother," mater mea offers candid and judgment-free content for Black mothers and expectant parents. Founder and journalist Tomi Akitunde seeks to foster connection by curating helpful and supportive information about the Black motherhood experience.

[Learn more](#)

## **National Black Child Development Institute (NBCDI)**

*Maryland*

An organization dedicated to the well-being and development of Black children, NBCDI offers a Family Empowerment Program to empower parents with the knowledge and tools needed to foster their children's learning and development.

[Learn more](#)

## **National Black Doulas Association (NBDA)**

*Online*

The NBDA connects Black families with a professional database of skilled, trained, and certified Doulas through their nationwide directory of Black, BIPOC, and LGBTQ+ Doulas.

[Learn more](#)

## **Shades of Blue**

*Online*

A nonprofit dedicated to helping women before, during, and after childbirth, Shades of Blue provides access to support groups, prenatal and postpartum supplies, and mental health resources.

[Learn more](#)

## **Sista Midwife Productions**

*Louisiana*

In addition to birth advocacy, training, and workshops, Sista Midwife Productions provides a searchable database for families to connect with Black midwives and doulas.

[Learn more](#)

## **The Hidden Genius Project**

*California and Michigan*

The Hidden Genius Project trains and mentors Black male youth in technology creation, entrepreneurship, and leadership skills to transform their lives and communities.

[Learn more](#)



"I believe that first foods—those that are introduced to babies in the first few years of life—are 'heritage foods,' which **connect cultural beliefs and traditions.** For me, that meant the inclusion of foods of the African Diaspora—ingredients such as collards, chayote, papaya, and tamarind."

Tracy Skelly, owner of **Little Cocoa Bean Co.**, on the motivation to start her baby care and feeding business.

# Finance

Money can't buy happiness, but it can certainly impact your well-being. According to the [American Psychological Association](#), money is the top cause of stress for many Americans, and that stress can lead to chronic illnesses and mental health problems, including anxiety and depression. Improving your financial health won't eradicate these issues—even financially healthy people worry about the future—but it plays a major role in improving your wellness overall.

Twice as many Black survey respondents to a 2022 QuickBooks survey say their current financial situation is "terrible" compared to their white peers. And when it comes to running a business, entrepreneurs of color—particularly women—notoriously have a harder time gaining access to loans and funding. Use these financial resources to find funding for your business or connect with experienced financial experts who can help you reach your goals.



# Finance

## **Acrew Capital**

*Online*

Acrew Capital is a venture capital firm on a mission to build and grow world-changing companies with diverse teams and accessible funding. You can choose from early stage and growth funds.

[Learn more](#)

## **AmplifyHer Ventures**

*Online*

This women-owned venture capital firm wants more women in the C-suite. They invest in diverse and gender-mixed leadership teams with a focus in commerce, care, and connectivity.

[Learn more](#)

## **Backstage Capital**

*Online*

Backstage Capital is a venture capital fund that invests in companies led by underrepresented founders, including women, people of color, and LGBTQ+ professionals. Look for jobs within their network or grow your business through the Backstage Accelerator program.

[Learn more](#)

## **Black Cooperative Investment Fund (BCIF)**

*California*

BCIF provides microloans to entrepreneurs in the Black community in addition to raising awareness about wealth building, economic empowerment, and equity.

[Learn more](#)

## **Black Girl Ventures (BGV)**

*Online*

This venture capital firm provides Black women founders with access to community and capital to grow their businesses. The BGV Pitch Program is the largest pitch competition globally for Black women entrepreneurs.

[Learn more](#)

## **Fearless Fund**

*Georgia*

This venture capital fund invests in companies with growth potential run by women of color.

[Learn more](#)

## **Financial Therapy Association**

*Online*

Use the online directory to find a therapist who works with your financial needs.

[Learn more](#)

## **Founders First Capital Partners**

*California*

This team of entrepreneurs and investors provides funding and acceleration services to support businesses fronted by women, people of color, members of the LGBTQ+ community, veterans, and ventures in low- to moderate-income areas.

[Learn more](#)

## **Harlem Capital**

*New York*

This venture capital group's goal is to invest in 1,000 women and diverse founders over the next 20 years.

[Learn more](#)

## **humble.**

*Washington, D.C.*

This venture development firm aims to increase diversity in investing and innovation. Purchase a "humblethread\$" T-shirt to support the firm's investments.

[Learn more](#)

## **Kapor Capital**

*California*

Open to investing in every sector, this Oakland venture capital firm backs companies focused on providing opportunity and access to historically underrepresented groups.

[Learn more](#)

# 1.2%

**1.2% is the share of U.S. venture capital that went to Black-founded companies in 2021.**

SOURCE: [Crunchbase](#), 2021.

# Finance

## National Association of Black Accountants

*Find a local chapter*

This nonprofit membership association is dedicated to bridging the opportunity gap for Black professionals in accounting, finance, and related business professions.

[Learn more](#)

## National Society of Black CPAs (NSBCPA)

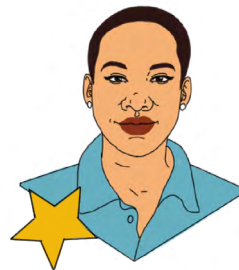
*Online*

While NSBCPA primarily serves as a membership collective to those in the field, this association also provides resources to those looking for a Black CPA firm to work with.

[Learn more](#)

“The first three years our cash flow runway was so tight **I practically slept with my cash flow projections spreadsheet on the pillow** next to me. But it turns out I really thrived on that. I knew I was meant to be an entrepreneur because even on the hardest days—the days with so much uncertainty about whether we’d make it through the end of month—I got up energized and ready to do the work.”

Piper Anderson, founder of [Create Forward](#), on becoming a business owner.



# 80%

**8 in 10 surveyed Black Canadian entrepreneurs that say it would be difficult or impossible to find \$10,000 for their business.**

SOURCE: [African Canadian Senate Group and Abacus Data](#), 2021.





# Careers

The average person spends more than one-third of their life working. Our time at work has the power to make or break our ability to achieve holistic wellness. Studies show that career satisfaction has a significant impact on mental and physical well-being. People who are unhappy at work experience problems with sleep and anxiety, while those who love what they do report better emotional health and stronger personal relationships. In some cases, they even live longer.

But Black professionals tend to find that well-paying job opportunities at inclusive companies are much harder to come by. Despite a recent push to focus more on diversity and equality in the workplace, Black Americans are still paid less than their white counterparts. Beyond that, Black workers continue to face the highest unemployment rates in the country.

For those looking to grow professionally in the next year and beyond, the following resources can help you find job opportunities from companies dedicated to diversity and equal pay, connect with business mentors, and build welcoming talent networks.



# Career

## **Black Business Association (BBA)**

*California*

Founded in 1970, BBA advocates for the development of African American-owned businesses by identifying and creating financial opportunities and providing training for professional development.

[Learn more](#)

## **Black Business and Professional Association**

*Ontario, Canada*

This nonprofit's mission is to advance Canada's Black communities through programs that support business and professional excellence, higher education, and economic development.

[Learn more](#)

## **Black Canadian Business Network**

*Ontario, Canada*

Committed to advancing Black businesses in Canada, the Black Canadian Business Network is a nonprofit that supports entrepreneurs through funding, education, and networking.

[Learn more](#)

## **Black Career Network**

*Online*

The Black Career Network connects diverse talent with great opportunities through the Professional Diversity Network. Post job openings for your business or apply for an open position.

[Learn more](#)

## **Black Dot**

*Seattle, Washington*

This Seattle-based organization is on a mission to provide a safe space for Black entrepreneurs, creatives, and technologists to connect and build businesses and communities.

[Learn more](#)

## **Black Entrepreneurship Program**

*Canada*

This partnership between the Government of Canada, Black-led business organizations, and financial institutions helps Black Canadian business owners grow and succeed.

[Learn more](#)

## **Black Jobs**

*Online*

Black Jobs wants to reduce the high rate of unemployment in Black communities. Find or post well-paying job opportunities from companies that are sincerely dedicated to diversity hiring.

[Learn more](#)

## **Melanence**

*Online*

Melanence is an online space for diverse entrepreneurs to connect one-on-one, network, and share advice to help one another grow.

[Learn more](#)

## **National Black Business Council (NBBC)**

*Online*

The NBBC supports the creation and advancement of Black-owned businesses through strategic partnerships with Fortune 1000 companies.

[Learn more](#)

## **National Minority Supplier Development Council (NMSDC)**

*New York*

The NMSDC advances opportunities for minority business enterprises and connects them to corporate members looking for supplier diversity.

[Learn more](#)

## **New Voices Foundation**

*Online*

New Voices supports female entrepreneurs of color by providing resources, funding, networking, and learning opportunities.

[Learn more](#)

# 45%

**Less than half (45%) of Black Canadian entrepreneurs say they know how to access support and advice when challenges arise with their business**

SOURCE: [African Canadian Senate Group and Abacus Data, 2021.](#)



# Smash the ceiling

Resources for women in the workplace

## Black Career Women's Network (BCWN)

Online

The BCWN is a national career development organization dedicated to fostering the professional growth of Black women through coaching, mentoring, and career opportunities.

[Learn more](#)

## The Cube

Maryland

The first Black woman-owned coworking space in the U.S. to provide a space where parents no longer have to choose their businesses over their families, The Cube Cowork provides on-site babysitting services, business-building resources, and office space rental.

[Learn more](#)

## Women With Purpose (WWP)

Massachusetts

WWP brings women of color together for professional development seminars, skill-building workshops, and networking events.

[Learn more](#)

**"Pull up!** A like, a comment, a share, a small purchase, or even word of mouth to your own communities about other Black businesses can go a long way. This will help with attracting new people to each other's communities, creating more exposure for one another. We've always believed in 'Collaboration Over Competition.'"

Nytia Baker and Surraya Price Isaac, co-owners of **La Femme Luxe Life**, on how Black business owners can support one another.



# 42%

**42% of Black survey respondents say they plan to focus on their career and personal development this year.**

SOURCE: [QuickBooks](#), 2022.



# Taylor McManus

## Illustrator

Taylor McManus is an illustrator and educator currently based in Northern Virginia. She holds a Bachelor of Fine Arts in Illustration and a Masters of Art in Teaching from the Maryland Institute College of Art. Taylor's work is inspired by photography, fashion, music, film, and pop culture. She has experience with editorial illustration, lifestyle illustration, and surface design. When she is not making art or teaching her high school students she enjoys reading, traveling, foodie adventures, and going to the gym. Visit Taylor's [website](#) and follow her on [Instagram](#) to see more of her work.



