**Sister-to-Sister, Inc. Programming Calendar Years 2023 - 2024**

**Mission Statement:** *To advance equity in all aspects of Black women and girls’ lives through community, vital education, scholarship, social connectivity, emotional support, networking, and forums to showcase their creativity in a global environment.*

 Sister-to-Sister: International Network of Professional African American Women, Inc. (“Sister-to-Sister, Inc.”) is a vibrant public charity. Rooted in community, we have created spaces of belonging and acceptance for Black females over thirty years. We understand the importance of programming that both educates and inspires. Because we are submitting a request for a specific program, as described under Section 4. Program or Project Request, we take this opportunity to share our programming for the past, current, and upcoming calendar years.

**Calendar Year 2023 Programming**

January 17, 2023: ***Aftershock Private Screening and Facilitated Discussion by an Esteemed Physician.*** This award-winning documentary showcases the public health crises of Black maternal mortality and morbidity that leave families shattered. Sister-to-Sister, Inc. was the first Colorado-based organization of any type granted permission to screen the film privately. Event attendees included healthcare CEOs, lawyers, medical professionals, business leaders, doulas, and community activists. Our screening resulted in three preeminent medical institutions’ screening of the film for OB-GYN, pediatric, and other physicians combined with facilitated panel discussions. Sister-to=Sister, Inc. helped the institutions to arrange their private screenings.

January 25, 2023: ***A Community Conversation re: Experiences of Expectant Black Mothers with the Healthcare System***. This event, hosting once pregnant Black women, generated anecdotal data used by Sister-to-Sister, Inc. to illustrate real-life tragedies flowing from medical professionals’ refusal to allow them a chance to be heard and decisions to ignore their articulated symptoms.

February 25, 2023: ***Towards Health Equity: Saving Lives of Mothers & Infants Educational, Networking, and Fundraising Gala*** featured Dayna Bowen-Matthew, J.D., Ph.D., a nationally recognized legal and policy expert in the field of racial and ethnic health disparities. This statewide event, held at the Colorado History Center attracted two hundred guests and strengthened Sister-to-Sister, Inc.’s Call to Action to eradicate the disparities.

March 26, 2023: ***Healthy Living For Your Brain And Body.*** This educational session planned in collaboration with The Alzheimer’s Association, Colorado, experts in the subject-matter offered discussed the latest research on dementia and Alzheimer disease and guidance to identify associated symptoms, and caretaking strategies.

April 23, 2023: ***The Call for the Abolishment of the Family Policing System.*** Presented by a nationally recognized expert on racism and discrimination in the nation’s foster care and adoption care systems that split families apart, this session familiarized participants with the systems’ destruction of family units. She also shared real-life examples and discussed actions that are being taken to thwart abuses.

April 29, 2023: ***Second Private Hybrid Screening of Aftershock. For Black Women Pregnancy and Childbirth Can Be Deadly.*** Sister-to-Sister Inc.’s second screening of this heart-wrenching documentary featured a panel of medical experts (i.e., OB-GYN physician, a child psychiatrist with expertise in child-induced trauma, a psychologist specializing in Black females’ health, an MSN-credentialed university professor working towards her doctorate.

May 13, 2023: ***Freedom from Money Worries Series.*** Money worries add to chronic stress and diminish women’s ability to focus on their health, families, and jobs. In collaboration with Blue Federal Credit Union (“BFCU”), this inaugural financial literacy training topics included effective budgeting & credit score elevation.

June 25, 2023: ***The Intersectionality between Faith and Race: A Historical Novelist’s Perspective****.* Patricia Raybon, former university professor and esteemed international author discussed the History and Mystery: How a Fictional Black Detective Inspires Our Prayer Life, Purpose and Faith, followed by interactive conversation with participants.

July 30, 2023: ***D2G Socafit Dance Class.*** Dancing stimulates physical and mental health. A professional teacher of dance led a highly energetic and fun session with Caribbean Soca music.

August 27, 2023: ***Glum:* *Why People are Stressed Despite :Knowing” What to Do.*** In this one-hour training session, a clinical psychologist dove into the intriguing and complex phenomenon of stress triggered by every day living, helped attendees identify their trigger points, and shared online and personally designed resources to help reduce stress.

September 24, 2023:Dear Strong Black Woman Exploring the Intersections of Misogynoir & Trauma. Attendees join us for a community-based discussion addressing the unique challenges faced by Black women.

October 8, 2023: ***Empowering Black Women through the Amazing World of Juicing & Smoothies!*** Sister-to-Sister, Inc.’s resident nutritionist, fitness, and health advisor instructed participants on the benefits of healthy juicing and guided them through the juicing process.

November 5, 2023: ***An Afternoon Fireside Chat with Regina Jackson***. A diverse audience of women shared intimate conversations with the co-founder of ***Race2Dinner***, New York Times best-selling author, and co-creator of ***Deconstructing Karen***. Stressing women’s commonalities and the need for alliances, the speaker presented on the history of harms caused by white women to women of color perpetrated through intentional and benign acts over centuries in American history, and purposeful choices to deny them the right to participate in society-altering actions to benefit (e.g., the Suffrage Movement).

November 8, 2023: ***Freedom from Money Worries Series. Understanding Credit***.

December 16, 2023: ***A Kwanzaa Celebration of African American History.*** This upcoming event will buoy attendees’ spirits and community through African culture, food, music.

\*All events, except that offered on November 5, 2023, were free and delivered in hybrid format.

**Additional Programming Continuing into Calendar Year 2024**

 **“*Sisters Excel! Her Story” Podcast Series***

Produced by *Lion’s Bridge Communications*, *Sister-to-Sister, Inc*. designed and began this inspirational and motivational quarterly podcast in 2023 that will continue. Broadcast on our YouTube channel, Spotify, and Apple Music, the podcast features accomplished Black women from diverse backgrounds and professional disciplines. Guests share their lived experiences, advice for entering professional careers like those, and strategies to overcome obstacles and achieve success.

***Sister-to-Sister, Inc. and DIVA (Declaring Myself Valuable Always), Inc. Quarterly Homelessness Initiative***

 Quarterly, *Sister-to-Sister, Inc*., in partnership with ***DIVA***, a nonprofit organization, and The Samaritan House, America’s oldest homeless shelter, supplies weather-resistant tote bags filled with hygiene and other products for homeless women living on the streets of Denver. Donated items are personally delivered by representatives of the partner organizations to residents and their input on what items would be most beneficial is solicited to help ensure that their needs are met. As funds become available, our public charity and its partner(s) will increase the frequency of deliveries.

***Stress: A Way of Life or Fact of Life Annual Hybrid Seminars***

Annually, *Sister-to-Sister, Inc*. Board Director Emerita Sandra Thebaud, Ph.D., a clinical psychologist, corporate mental health consultant, published author, and stress management expert, will present a comprehensive workshop to facilitate participants’ insight into stress and its debilitating effects on the body, mind, and spirit. Dr. Thebaud will also help attendees identify their stress triggers; and offer them tools for managing stress.

***Hybrid Financial Literary Seminars for Women***

In association with Blue Federal Credit Union operating banking services throughout Colorado , Wyoming, other states, and internationally, *Sister-to-Sister, Inc*. hosts hybrid, women-targeted, financial literacy courses. Led by a BFCU financial analyst leads the sessions improve money management. Participants can open accounts for only five dollars.

**Calendar Year 2024**

***\*The Grounding of Wellness - A Members-only Life Enrichment Webinar Series***

Christian Counselor Regina Reese Tate, M.A., M.S., author of ***There is A Balm For That***, will present a quarterly webinar series for *Sister-to-Sister, Inc*. paid members. The program of biblically based interactive sessions will benefit anyone ‘seeking more.’ Specifically designed for single mothers and parents, the series’ purpose is to help participants gain a greater understanding of God’s role in their overall psyche and wellness. Instruction will include studying the attributes and character of God and his very nature, examining their collective responsibilities as peacemakers, and reviewing and discussing the necessity of a healthy soul or origin of being.

***\*Healthy Eating in Our Children” Virtual Series***

Due to food insecurity, poor eating habits and inadequate exercise, Black children have a much higher incidence of obesity than other youth. Obesity leads to chronic health conditions that endanger youth’s lives and lead to higher healthcare costs. Led by Teri Sewell Huff, its Health and Wellness Advisor, Sister-to-Sister, Inc. will partner with one or more Colorado-based nutrition-focused/food security nonprofits, to design and deliver the Healthy Eating in Our Children virtual series.

***\*Every Penny Counts! A Financial Literacy for Children & Youth Webinar Series***

Due to centuries of racial inequality and discrimination, which has caused financial insecurity among Black people in the U.S., families have rarely been able to accumulate generational wealth. Evidenced results are that Black Americans possess the lowest rates of home ownership, acquired income-producing assets, and savings for emergencies. Given these facts, it is not uncommon for Black children to lack understanding of the importance of saving from an early age. Sister-to-Sister, Inc. has established a partnership with Big Brothers, Little Sisters – Colorado, and Blue Cross Federal Credit Union to develop and host a financial literacy webinar series targeting Black and other children of color to teach participants the importance of saving and basic investment principles. As an overarching goal of the program is to create a savings mindset in children from an early age and promote self-sufficiency in these underserved populations. The Federal Reserve Bank, Kansas City, Missouri, has offered online resources to help institute the program.

***\*We are History! Children’s Black History Virtual Series***

Sister-to-Sister, Inc. will seek to partner with the Blair Caldwell Library, History Colorado Center, the Black West Museum, and Colorado Black educators from lower and middle schools to design and deliver a virtual series to educate Black children and youth from other racial and ethnic backgrounds on Black history. Materials, such as documentaries, may be used to supplement instruction resources. A project coordinator is required to ensure the success of this educational program. Sister-to-Sister, Inc. envisions the following. A facilitator will lead discussions to embed learning points. The series will be open to all children to create understanding of Black history and allyships with other communities. Members will be able to access video recordings and other tools from the *Sister-to-Sister, Inc*. website Resource Page.

***\*Hear Me Out – An In-person and Virtual Series***

Black women experience a higher incidence of obesity, leading to diabetes – a life threatening condition. Research shows that Black women suffer the highest incidents of birth complications, and that pregnant women with diabetes may experience hearing loss. These facts and others magnify the essentiality of hearing maintenance. Led by Jocelyn Tubbs, AU.D., this envisioned hybrid program will offer up to four sessions – in-person townhall-styled and virtual formats. Dr. Tubbs has expressed her intent to include the participation of other Black women audiologists, who along with her, co-founded the ***National Black Audiologists Association.***

**\***Sister-to-Sister, Inc. requires sufficient funding to institute the foregoing starred programs. We welcome grants and donations from all sources to support them.