***SISTER-TO-SISTER: INTERNATIONAL NETWORK***

***OF PROFESSIONAL AFRICAN AMERICAN WOMEN, INC.***

**Introduction**

***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 the past three decades. We understand the importance of programming that both teaches and inspires. Below, our plans for the next two years are shared.

***“Sisters Excel!”* *Leadership Podcast***

***Sister-to-Sister, Inc.*** will host a bi-monthly podcast, featuring highly accomplished Black women from diverse disciplines and geographical areas, who will share their stories of perseverance, resilience, and success. With target audiences of Black and Brown girls, the storytellers will encourage participants to reach high, always and prepare them to face roadblocks ahead. A Lionheart Media Production

***“Children’s Black History”*** ***Virtual Series***

Starting in Colorado and expanding into California and other locales, ***Sister-to-Sister, Inc.*** will partner with lower and middle schools to host a virtual series, which educates Black and other youth about Black history and the strength of ancestors on whose shoulders they stand. Facilitated by an educator, the series will use tools, techniques, and technology geared towards different learning styles.

***“Our Hearing Matters” In-Person and Virtual Series***

Black women experience a higher incidence of obesity, leading to potentially life-threatening diabetes. Research data show that they are disproportionately impacted by birth complications. They further indicate that diabetic pregnant women have a higher risk of experiencing hearing loss with childbirth. Hearing well is important to quality of life. Dr. Jocelyn Tubbs and a network of other Black female audiologists, who helped found the Black Audiologists Association, will offer an educational online workshop and townhall seminar aimed at women from low and lower- income backgrounds, to provide essential information and free hearing screenings.

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

Black children experience a higher rate of obesity than their white counterparts, largely due to food inequity and poor eating habits. Being significantly overweight can lead to dangerous health conditions that not only adversely affect quality of life, but longevity. Led by Teri Sewell Huff,our nonprofit’s health and wellness guru, ***Sister-to-Sister, Inc.*** will partner with one or more Colorado nutrition-focused nonprofit organizations and selected public schools to host a virtual series for lower income children on healthy eating, with the overarching goal of reducing youth obesity.

***“The Ground Wellness” Spiritual Enrichment Virtual Series***

Spirituality has special meaning for Black women whose souls (i.e., emotional health) require continuous nourishment. Regina Reese Tate, a spiritual advisor, wrote “There is A Balm for That”, which spreads the Good News through storytelling. Ms. Tate has designed a bimonthly spiritual enrichment for ***Sister-to-Sister, Inc.*** to offer soul-stirring nourishment. Her book is available on eBay.

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

Rarely are African descendants of slavery and their progeny able to accumulate wealth. The rate of home ownership and quantity of income-producing assets is significantly lower among Black people. So are savings. From such conditions hardships arise that, at times, are insurmountable leading to homelessness, hunger, and poor health. Compounding these issues is that saving for retirement is nearly impossible. The risk of losing social support nets (i.e., Social Security, Medicare, and Medicaid) looms. If eliminated, a life-or-death crisis will likely occur, burdening governments and charitable organizations even more.

Too often children are not taught the importance of saving at an early age. As they grow into teenagers, commercial advertising draws them into buying things do not retain value. Collaborating with financial institutions and children-focused charitable organizations will allow ***Sister-to-Sister, Inc.*** to establish financial literacy programs for Black and brown children, exposing them to basic investment principles. Over time, savings and investments among participating youth will grow and become habitual.

***“Stress: A Way of Life or Fact of Life” Annual Virtual Session***

To be delivered in or about April 2023, this workshop designed for ***Sister-to-Sister, Inc.*** members by clinical psychologist, military veteran, and published author Sandra Thebaud, Ph.D. this workshop will provide accurate information on what stress is and what it is not. Additionally, it will offer tips for reducing stress.

***“Declaring I’m Valuable Always, Inc.” (“DIVA”) Homelessness Project***

Lisa Taylor, founder and president of DIVA and Charlotte Williams-Lacy with experience in the medical field, created this charitable project through which personal hygiene and other products will be collected for and distributed to homeless women and girls. ***Sister-to-Sister, Inc.*** will partner with DIVA on this project that will begin with semi-annual distributions and move to quarterly within two years.