

Wednesday, February 14, 2024

## Empowering black male healing: A transformative workshop

Company: Emotions Physical Theatre  
Location: SUFFERN, NY  
Compensation: Free workshop

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Shawn Rawls

Free workshop

for

Men of Color

Feb 23 10:00am - 2:00pm

Amidst Black History Month, a period dedicated to honoring the achievements of African Americans, it is essential to carve out a space for the healing of Black men. While the nation collectively reflects on the contributions of our community, the celebration of Blackness extends beyond a single month for us – it is a perpetual acknowledgment of our ancestors' creativity, strength, poise, and resilience.

However, the weight of this commemorative period can be burdensome for many Black individuals, as it coincides with heightened performance and educational expectations. The constant exposure to images of Black pain and the emotional labor required to educate, articulate, and justify our experiences to others can leave us emotionally drained. We must recognize the need for a healing journey denied to many of our ancestors.

In response, we present a special workshop designed specifically for Black men to revitalize, grow, and embark on their healing journey. This free 1 day workshop offers a sanctuary where Black men can participate in a rejuvenating class, meditate, and experience movement tailored for healing. We aim to provide Black men an opportunity to actively pursue or continue their healing journey, fostering connections and networks within a supportive community. Join us as we collectively embrace healing, growth, and connection during this empowering event."

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