



Dear Friends:

We are counting down to the fifth annual celebration of Community Healing Days on October 19, 20, and 21. This year, Community Healing Network and the Association of Black Psychologists are coming together to call on Black people everywhere to make a personal commitment to emotional wellness by taking the [Pledge to Defy the Lie and Embrace the Truth<sup>SM</sup>](#).

It is time to gather ourselves and address an issue that is weighing our community down. For almost four hundred years, we have been fed toxic lies about our history, worth, and value as a people. Lies about our looks, intellect, culture, history, morals, and humanity. These lies are all rooted in one big lie: the lie of Black inferiority. That lie is still very much with us and it contributes to many of the challenges we face as a community.

The consequence of not confronting this lie is catastrophic:

**We are losing our children.**

[Homicide is the leading cause of death for young Black males.](#)

**We are losing our emotional wellness.**

[Depression among Black women is almost 50% higher than it is among White women.](#)

**We are losing our future.**

[Only 52 percent of Black males graduate from high school in four years, compared to 78 percent of White males and 58 percent of Latino males.](#)

Take the [Pledge to Defy the Lie and Embrace the Truth<sup>SM</sup>](#). By taking the Pledge, you will be committing to work for psychological liberation--for yourself, your family, and your community. You will be committing to help build the movement for the emotional emancipation, healing, and wellness of Black people. You will be committing to "defy the lie of Black inferiority and embrace the truth of Black humanity."

We face many challenges as a people and we have to address them all. But unless we confront and overcome the lie, all the good work being done to meet our other challenges will have limited impact.

Take the [Pledge](#), [click here](#) for suggestions to help you fulfill your Pledge, and encourage your family and friends to take the Pledge.

We have been burdened by the lie for too long. It is well past time for us to be completely free. We encourage you to join the movement, grow, feel better, and leave our generation's legacy of healing traditions for tomorrow's children's children.

Sincerely,

Enola G. Aird  
Founder and President, Community Healing Network, Inc.  
[www.communityhealingnet.org](http://www.communityhealingnet.org)

Daryl Rowe,  
President-Elect, The Association of Black Psychologists  
[www.abpsi.org](http://www.abpsi.org)

**P.S. Please help us make this the decade for the emotional emancipation of Black people. CHN is a low-overhead, volunteer-run, 501(c) (3) grassroots organization. We are supported entirely by charitable donations. Your gift of any amount will help. Please donate today using the secure link below, or send a check to Community Healing Network, Inc., 111 Whalley Avenue, New Haven, CT 06511, Attention: Jill Snyder, Treasurer. Thanks again.**