

# DEFY THE LIE. EMBRACE THE TRUTH.

JOIN THE MOVEMENT FOR THE EMOTIONAL EMANCIPATION OF BLACK PEOPLE

## THE LIE AND ITS CONSEQUENCES

*"Somebody told a lie one day. ...They made everything Black, ugly and evil..."* —Dr. Martin Luther King, Jr.

For nearly 400 years, we have been fed toxic lies about our history, worth, and value as people of African ancestry. Lies about our looks, intellect, history, spirituality, culture, morals, and humanity. These lies are all rooted in one big lie: the lie of Black inferiority.

The lie contributes to the Black-White academic achievement gap, the epidemic of violence among our youth, the mass incarceration of Black people, and many of the other challenges facing us as a community.

## THE SOLUTION: COMMUNITY HEALING

*"If the Negro is to be free, he must ... sign with the pen and ink of self-assertive manhood, his own emancipation proclamation."* —Dr. Martin Luther King, Jr.

To reverse the negative trends in our community, we must fight for our emotional emancipation—freedom from the lie of Black inferiority.

Community Healing Network, Inc., is working with the Association of Black Psychologists, the City of Tuskegee, Alabama, and Symphonic Strategies to build a grassroots network of Emotional Emancipation Circles—self-help groups focused on emotional emancipation, healing, and wellness for Black people. Tuskegee is just the beginning.

## EMOTIONAL EMANCIPATION (EE) CIRCLES

*"We need a mass-based movement for mental health patterned after AA... ."* —bell hooks

EE Circles are safe, flexible spaces where we as Black people come together to revitalize ourselves and our relationships with each other, learn about the impact of historical forces on our emotional lives, share stories, and detoxify our minds and spirits.

These Circles offer a unique opportunity for fundamental personal and social change. They are designed to clear the space and generate the energy and momentum to help us be at our very best— as individuals and as a people.

*"We are going to emancipate ourselves from mental slavery because whilst others might free the body, none but ourselves can free the mind."*

—Marcus Garvey



Community Healing Network, Inc.



The Association of Black Psychologists



City of Tuskegee, Alabama



To learn more, visit:  
**CommunityHealingNet**  
.org  
or contact us at:  
**chnhealing@gmail.com**