

**Queer Womxn's Empowerment Series**  
**Evolving Through Self-Care: Finding Your Revolution**  
**Thursday, June 21, 6:30pm at Dudley Cafe**  
**Self-Care Resource Guide**

**Creative Spaces:**

\*"If You Can Feel It, You Can Speak It" Open Mic,  
<https://www.facebook.com/groups/feelitspeakit/>

- Exists as Boston's only monthly open mic dedicated to LGBTQI community of color and its allies at Bella Luna Restaurant in Jamaica Plain.

\*House Slam at Haley House, <https://www.houseslamboston.org/>

- Offers awesome food, an eclectic open mic, a polished featured poet and a competitive poetry slam every 2nd and 4th Friday of the month in Roxbury. The venue is 18+, free of cost and inclusive for all.

Hope Inc Open Mic, <https://www.facebook.com/hopeincfamily/>

- Provides a monthly open mic night at Dudley Café in Roxbury.

First Fridays Youth Open Mic, <https://www.facebook.com/FirstFridaysJP/>

- Offers safe space for youth to share their talents and perspectives at JP First Baptist Church.

Grub Street, <https://grubstreet.org/>

- Provides all writers a space to develop their work through classes, events, fellowships, and more.

826 Boston, <http://www.826boston.org/>

- Supports the writing and literacy needs of students in Roxbury's Egleston Square and beyond.

Black Cotton Club, <https://www.facebook.com/BlackCottonClub/>

- Provides a space for a monthly jam session of local artists in Roxbury.

\*The Theater Offensive, <http://www.thetheateroffensive.org/>

- Presents diversity of LGBT lives in art through workshops, events, artist residency, and more.

\*Boston LGBTQIA Artists Alliance

- Seeks to elevate visibility of and provide resources to LGBTQIA Boston-area artists through exhibition opportunities, workshops, artist talks, performances, and more.

**Self-Care Spaces:**

\*The Meeting Point, <http://themeetingpoint.org/>

- Collective of independent body workers and mental health practitioners who specialize in mental health services for LGBTQ folks, people who have experienced trauma, and those with physical and/or emotional disabilities.

Queens Talk, <https://www.facebook.com/QueensTalkMeetup/>

- Offers a monthly women's empowerment meet-up for women of color.

Hive Soul Yoga, <https://www.hivesoulyoga.com/>

- Creates an affirming and uplifting space for people of color to practice yoga.

\*Taste of Tuesdays, <https://www.facebook.com/QPOCEvents/>

- Offers a weekly social space for queer people of color. See the link above for the community organizer's page with the list of events.

Vital Healing Project, <http://vitalhealingproject.org/>

- Provides safe space for an interactive, collegial learning of mental health conditions and symptoms, esp. for people of color, through yoga exercises, meditation, and self-care.

\*Cultivate: QTPOC Healing Practice, <https://www.facebook.com/cultivateQTPOChealing/>

- Creates and shares healing spaces for queer and transgender people of color.

\*BRASH,

- Creates a safe, uplifting space with weekly Tuesday queer dance parties in Somerville.

You Good, Sis

- Collective for black and brown women looking for a mental, physical and spiritual check in.

4 Corners Yoga + Wellness

- Serves and support Dorchester community and surrounding neighborhoods in taking charge of their health and wellbeing.

Queens Co.

- Promotes personal growth of women of color through health and wellness, professional development, and financial empowerment.

#### **Podcasts:**

[The Friend Zone](#)

[Black Girl in Om](#)

[Queery](#)

[Still Processing](#)

#### **Books:**

*This Will Be My Undoing: Living at the Intersection of Black, Female, and Feminist in (White) America*, Morgan Jenkins

*Transcendent 2: The Year's Best Transgender Speculative Fiction*, Toby MacNutt

*Every Body Yoga: Let Go of Fear, Get on the Mat, Love Your Body*, Jessamyn Stanley

*Heart Talk: Poetic Wisdom for a Better Life*, Cleo Wade

*Trans Bodies, Trans Selves: A Resource for the Transgender Community*, ed. Laura Erickson-Schroth

#### **Online Resources**

[Stop, Breathe and Think App](#)

[Guided Mind-Relieve Stress App](#)

[10 Trans\\*/Non-Binary/GNC/Genderqueer Poets You Need to Hear](#)

[How To Stop Absorbing Other's Emotions](#)

[Therapy 101: How Do You Know If You Need A Therapist](#)

[10 Questions To Ask A Potential Therapist](#)

[Self Care Assessment](#)

[Self Care Plan Worksheet](#)

[Calm.com Guided Mediations](#)

[Make a Calm Box](#)

[Curanderismo, the Healing Art of Mexico](#)

[Purple Buddha Project](#)

## Beginner 20 Min Yoga Flow

\*: LGBTQ-specific spaces