



## PODCASTS!

Therapy For Black Girls - <https://therapyforblackgirls.com/podcast/>

Peace of Mind with Taraji - <https://www.facebook.com/watch/tarajiphenson/>

Black Girls Heal - <https://www.blackgirlsheal.org/podcast>

Balanced Black Girl Podcast- <https://www.balancedblackgirl.com/podcast/>

The Faith & Mental Wellness Podcast with Brittany Moses-  
<https://open.spotify.com/show/6siPRf3UR4Xm3eVGV4HoWF>

Black Girl in OM <https://www.blackgirlinom.com/podcast>

Between Sessions Podcast - [Between Sessions - Melanin & Mental Health®](#)

Oprah's Super Soul -<https://open.spotify.com/show/onMF1JL5tNjW7BoteIFWxV>

The Receipts Podcast - <https://open.spotify.com/show/3GMZiZnqL4Hib6DD5PGhdj>

She's All Fat - <https://shesallfatpod.com/podcast>

MOOD with Lauren Elizabeth - <https://open.spotify.com/show/159aTwumZB3NDHrmbqjuUy>

Anything Goes - <https://open.spotify.com/show/5VzFvh1JlEhBMS6ZHZ8CNO>

The Wellness Mama - <https://wellnessmama.com/podcast/>

We Can Do Hard Things - <https://wecandohardthingspodcast.com/>