

### ▶ **The AAKOMA Project**

- Provides mental health resources for Black women and families, with a focus on improving access to mental health care and reducing stigma.
- **Website:** [AAKOMA Project](#)

### ▶ **Therapy for Black Girls**

- Offers a therapist directory, community resources, and a podcast focused on mental health support for Black women.
- **Website:** [Therapy for Black Girls](#)

### ▶ **Sista Afya Community Mental Wellness (Chicago-based but serves California residents)**

- Provides mental wellness services specifically for Black women, including support groups, therapy sessions, and mental health education.
- **Website:** [Sista Afya](#)

### ▶ **Perinatal Mental Health Alliance for People of Color (PMHAPOC)**

- Part of Postpartum Support International, this alliance offers training and support groups nationwide, specializing in maternal mental health for women of color.
- **Website:** [www.postpartum.net/perinatal-mental-health-alliance-for-people-of-color/](http://www.postpartum.net/perinatal-mental-health-alliance-for-people-of-color/)

### ▶ **Mocha Moms, Inc**

- A national organization with local chapters offering support groups and virtual events for moms of color. It also advocates for policy changes to address racial issues.
- **Website:** [www.mochamoms.org](http://www.mochamoms.org)