



# JOIN US

## *for a luncheon & discussion*

The Crisis and Recovery Services team of the St. Vincent Charity Health Campus is dedicated to helping humanity thrive by removing the stigma associated with mental health. We strive to inspire, uplift and create a safe space for people to heal and grow.

We invite moms and maternal figures to JOIN US for a free community event featuring a discussion, catering by Tasty Treasures and more.

### **JOIN US TO MEET THE AUTHOR OF *Mommy Needs a Moment: A Journal***

**Nanekia Ansari** is a blogger, motivational speaker, show host, entrepreneur, mentor and coach. Following her completion of the Women in Leadership Certificate Program from Case Western Reserve University, Nanekia's passion has been coaching and mentoring other women, especially maternal figures, to develop life plans to live a successful and healthy life.

Education support for this event will be provided by **Rajalla E. Prewitt M.D.**, who joined St. Vincent Charity Community Health Center's Behavioral Health medical staff in October 2021 and currently provides outpatient behavioral health services. She is dual board certified in adult psychiatry and child/adolescent psychiatry.

#### **LOCATION**

Friendly Inn Settlement  
2386 Unwin Rd, Cleveland, OH 44104

#### **TIME/DATE**

11:00 a.m. – 1:00 p.m. on Friday, May 12, 2023

#### **AVAILABILITY**

Registration is free and open to the community. 35 spots are available for moms and maternal figures. First come, first served.

#### **REGISTRATION REQUIRED**

To reserve a seat, visit [bit.ly/may12event2023](https://bit.ly/may12event2023)

#### **Questions? Contact:**

##### **Jennifer Robinson**

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**ST. VINCENT CHARITY  
HEALTH CAMPUS**

*A Ministry of the Sisters of Charity Health System*