

Sixth Annual Black Mental Wellness Conference

The October event will feature learning sessions, self-care practices and thought-provoking discussions that highlight Black experiences.

September 23, 2025 By Laura Schmidt

To celebrate Black excellence and [community](#) resilience, Black Mental Wellness Corp. is hosting its 6th Annual Black Mental Wellness Conference in Silver Spring, Maryland, this October, according to a [news release](#).

This year's theme, "Reclaiming Our Power and Protecting Our Peace," centers healing of the Black community by honoring the past, acknowledging the present and envisioning a liberated future for [mental wellness](#).



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“Our conference is a space where we can speak our truths, connect through shared experiences, and leave with tangible tools to thrive,” said Black Mental Wellness cofounder and CEO Nicole Cammack, PhD, said in the release. “Reclaiming our power means owning our narratives and protecting our peace means prioritizing our [wellness](#)—it’s the foundation of our liberation.”

The annual event brings together mental health and wellness professionals, educators, advocates, students, community members and more.



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According to the release, the conference features dozens of interactive sessions and panels, including:

- “Limitless Vibrations: Unleashing Your Authentic Self”: a guided visualization and sound bath meditation to connect with one’s highest potential;

- “Brother to Brother: Black Men and Mental Health”: a panel offering space for open dialogue about mental health in Black male communities;
- “Sister to Sister: Black Women and Mental Health”: honest, healing conversations on resilience, vulnerability and shared strength;
- “It Takes a Village: A Healing Circle for Black Mothers”: community support for mothers navigating life’s challenges;
- Roundtables: focused discussions on LGBTQ+ mental health, self-care for helping professionals and the impact of social media on wellness;
- “Closing Session: Lived Experiences Panel”: firsthand accounts of resilience and growth in mental health journeys.

“There is something transformative about walking into a room where you see yourself reflected—in the presenters, the conversations and the community,” said cofounder Danielle Busby. “It sends a powerful message: You belong here, your wellness matters and you are not alone.”

Founded by four Black women psychologists, Black Mental Wellness Corp. provides culturally responsive mental health education, resources and support. Through workshops, training, [advocacy](#) and community-based programming, the group works to reduce [stigma](#), increase [access to care](#) and promote holistic healing in Black communities.

The 6th Annual Black Mental Wellness Conference will be held Friday, October 24, from 9 a.m. to 5 p.m. ET at Silver Spring Civic Building, 1 Veterans Place, Silver Spring, Maryland. Capacity is limited, so early registration is encouraged. [Go here](#) to register and learn more.