



# Engage

## Connect with others in the community

1. **Outdoor Afro (Pittsburgh Chapter)** is a community that reconnects African-Americans with natural spaces and one another through recreational activities such as camping, hiking, biking, birding, fishing, gardening, skiing — and more!

We use social media to create interest communities, events, and to help shift the visual representation of who gets outdoors. Here is where you can start locally connecting with people who share your outdoor interests and aspirations!

2. **Steel on Ice (National Brotherhood of Black Skiers- Pittsburgh Chapter)**  
We are an all seasons club looking to share our spirit of adventure with new friends. Skiing, biking, golfing, and more. Jan 21, 2023 Learn to Ski (at Boyce Park)
3. **Afro American Music Institute** is a Pittsburgh based organization dedicated to promoting the arts. This organization has nurtured thousands of musicians through education. Current programs at AAMI are divided into four categories:
  - Curriculum
  - Performance Groups
  - Summer Youth Intensive Camp
  - Public Performance Series
4. **Tuskegee Airmen Memorial at Sewickley Cemetery** is the largest outdoor memorial of its kind in the United States. It was dedicated on September 15, 2013 and commemorates the legacy of almost 100 Tuskegee Airmen who hailed from Western Pennsylvania – eight from Sewickley.
5. **Pittsburgh Major Taylor Cycling Club's** purpose is to introduce cycling, skill development/instruction and overall health benefits to the African American community. Focusing on providing the novice, intermediate, and advance cyclist an opportunity to ride, train, and socialize with other cycling enthusiasts. PMTCC conducts social and community activities, youth programs, and other activities that result in improving the development of cycling in the African American Community.
6. **Highland Park Tennis Club's** mission is to promote and develop the growth of tennis in Pittsburgh's multi-cultural community. To increase tennis participation, support tennis programming, and foster diversity. To use tennis as a means

to develop and maintain physical and mental wellness. HPTC is proud to have a multi-cultural membership that comes from diverse social-economic groups and various communities in Pittsburgh and the surrounding areas.

A signature piece for the club is its FREE summer tennis clinic which operates each year, on Saturday mornings from May through July. Instruction is provided by top local tennis players and is offered on all levels, i.e. beginners, intermediate and advanced for adults and children from 5 years old. Racquets are provided for those who need them.

7. **Kelly Strayhorn Theater** is named after 20th century entertainment legends Gene Kelly and Billy Strayhorn, both natives of Pittsburgh, PA. KST carries on the legacy of its founders by fostering bold and innovative artistry with a global perspective. KST is a home for creative experimentation, community dialogue, and collective action rooted in the liberation of Black and queer people. KST welcomes all who uplift Black, Indigenous, people of color, and queer voices. Pay What Moves You, an accessible scale of ticket prices, encourages audiences to choose an equitable price that best fits their budget; while also still fairly compensating artists.
8. **The August Wilson African American Cultural Center** is a multi-disciplinary arts center dedicated to the celebration of the African American journey. It is one of the largest cultural organizations in the country focused exclusively the African American experience. From national treasures in the galleries and award-winning artists on stage, the August Wilson African American Cultural Center is alive with activity.
9. **Carmi Soul Food's** mission is to serve their community; employ people reflective of their values, and the community; and share their Christian values.
10. Black College Tour (for high school juniors and seniors)



# Listen / Read

Check out podcasts and books that expand your mind

## Listen:

1. Hey Black Child: The Podcast- features the stories of lesser known African-American heroes from the past and present. They talk about everything from voting to “the truth about Thanksgiving” to an episode about race, kids, & banking. Conversation starter for children ages 7 and up.
2. Dairies of a Black Girl in Foster Care- a series that addresses current cultural issues, disparities, and stereotypes that aid in poor outcomes for Black girls who have experienced care. It also touches on the successes of youth who have aged out of the system.
3. Do Right By me: Learning to Raise Black Children in White Spaces
4. Just as Special – The place to learn about foster care from a BIPOC perspective
5. How to Talk About Racism, Adoption, & Parenting a Black Boy in America- focuses on adoption, single-parenting, racism, and raising a black boy

## Read:

1. The Black Foster Youth Handbook- 50 + lessons I Learned to Successfully Age-Out of Foster Care and Holistically Heal by Angela Quijada-Banks
2. Shattered Bonds: The Color of Child Welfare by Dorothy Roberts
3. Affirmations for Black Boys
4. Badass Black Girls: Quotes, & Affirmations for Teens by MJ Fievre
5. Uncomfortable Conversations with a Black Boy: Racism, Injustices, & How You Can Be a Changemaker- Emmanuel Acho
6. **How the Cat Got its Sound:** the Story of Three Pittsburgh Cats and a Windy Night in Bellevue
7. Ebony Magazine
8. Essence Magazine
9. The New Pittsburgh Courier (newspaper)
10. **The Soul Pitt** (Pgh based website)



# Watch

Enjoy Black excellence on tv and stage

## **On TV (series):**

1. Colin in Black & White
2. Blackish
3. Mixedish
4. Gracies Corner
5. Doc McStuffins

## **TV Networks:**

1. TV One
2. BET (Black Entertainment Television)

## **On Stage:**

1. Harlem Nutcracker
2. Hip-Hop Nutcracker
3. The Wiz
4. Lion King
5. Drumline
6. Dreamgirls



# Self-Care

## Nurture your soul

1. *Family Self-Care*. Use these 5 tips from the Mental Health First Aid curriculum to practice self-care as a family: <https://www.mentalhealthfirstaid.org/2020/07/tips-to-practice-self-care-as-a-family/>

2. *Four Pillars of Self-Care*. <https://sportpsych.unt.edu/four-pillars-self-care> : Understanding that the Four Pillars of Self-Care can help set a foundation for every member of a family, click here to identify ways 1) nutrition; 2) \*sleep hygiene; 3) social support; and 4) physical activity can elevate everyone in your family.

\*Sleep Hygiene. In case you're wondering what sleep hygiene is, click here to find out: <https://www.webmd.com/sleep-disorders/sleep-apnea/what-is-sleep-hygiene>

3. *Self-Care in an Overscheduled Family*. How to make self-care a family priority... because busy families need self-care too: <https://parents.au.reachout.com/skills-to-build/wellbeing/things-to-try-self-care/how-to-make-self-care-a-family-priority>

4. *8 Types of Self-Care...Take Your Pick*. Self-care takes many forms and is a key piece of mental wellness. Because “self-care” can mean so many different things, it can be helpful to think of the 8 types of self-care as flavors or food groups: it's nice to have some variety and each type can deliver different benefits: <https://www.willowstone.org/news/8-types-of-self-care>

5. *The Great Wellness Challenge*. Challenge your family to a 30-day commitment to nurturing your physical and mental health, whereby you do one family self-care activity every day for the next month. Chances are you'll want to keep going long after the 30 days are over. These 30 family self-care activities can get you started: <https://parents-together.org/30-day-family-self-care-challenge/>

6) *The Healing Power of Trauma-informed Parenting*. Children who have experienced traumatic events need to feel safe and loved. All parents want to provide this kind of nurturing home for their children. However, when parents don't understand the effects of trauma, they may misinterpret their child's behavior and end up feeling frustrated or resentful. Their attempts to address troubling behavior may be ineffective or, in some cases, even harmful.

This factsheet discusses the nature of trauma, its effects on children and youth, and ways to help your child. By increasing your understanding of trauma, you can help support your child's healing, your relationship with them, and your family as a whole: <https://www.childwelfare.gov/pubpdfs/child-trauma.pdf>

7) *Yoga for the Health of You and Your Family*. Kids and teens can do yoga for the same reasons grown-ups do: because it feels good to stretch out your body, slow down your breathing, and relax your mind. Yoga can help you feel calmer when life is busy and stressful.

Aaahh...Go here to learn more about yoga for lowering stress in tweens and teens: <https://kidshealth.org/en/kids/yoga-stress.html>

8) *Should Children Practice Mindfulness?* YESSSS! Here are 7 tips to help your child focus on the present and build lifelong coping skills: <https://health.clevelandclinic.org/how-to-talk-to-your-kids-about-mindfulness/>

9) *Meditation and Yoga*. This powerful duo can help you and your family promote focus and collaborative learning — particularly for people with ADHD. Learn how to introduce mindfulness exercises to your child whether they face general life stressors or more serious barriers to total wellness. Here are 10 Mindfulness Exercises for Stronger School/Life Focus: <https://www.additudemag.com/ten-mindfulness-exercises/>

10) *Ever heard the rainbow?* Ever thought of healing through the sound of colors like brown, green, white, red, or pink? Color sound may be something to try for children, teens, and adults that can shape your mood, calm your mind, energize you, and help your focus. It's free and can be a wonderful alternative to medication and psychotherapy: How To Improve Your Child's Mood With Colors: <https://www.parent.com/blogs/conversations/how-to-improve-your-childs-mood-with-colors>

The Scientific Method: Can 'color sound' help us get things done? <https://the1a.org/segments/the-scientific-method-can-color-sound-help-us-get-things-done/>