

# Mental Health Equity Cohort Creates Wellness Series for All



The NBA Mental Health and Wellness program creates communities of compassion and care with an integrated vision of wellness that prioritizes a holistic approach centered in justice, equity, theology, spirituality, and clinical awareness.

As we believe wellness and justice are inseparable and we prioritize mental health equity in marginalized communities, we know that this work is a communal effort, thus the Mental Health Equity Cohort was created.

In June 2023, a group of diverse mental health professionals were called together to serve on a two-year cohort led by Director of Mental Health and Wellness, Joselyn Spence, MDiv, LPC, ATR.



The Mental Health Equity Cohort exists for two distinct reasons.

To be a supportive and creative space for Disciples mental health and justice professionals to explore the intersections of mental health, wellness, theology, justice, and equity; and to address wellness disparities and issues of justice through the equitable sharing and creation of knowledge, resources, and support services to marginalized communities for the upliftment of all. Since forming, the cohort has created a wellness series for the winter months and beyond. The series includes recipes, breathing exercises, and wellness practices to serve you as you navigate this season. Meet the cohort and learn more at [NBACares.org/MH-Resources](https://NBACares.org/MH-Resources).

*National Benevolent Association of the  
Christian Church (Disciples of Christ)*  
733 Union Blvd Ste 300, St. Louis, MO 63108  
P: 314.993.9000 · [www.NBACares.org](http://www.NBACares.org)



**National  
Benevolent  
Association**  
of the Christian Church (Disciples of Christ)

# Mental Health Equity Cohort Creates Wellness Series for All



The NBA Mental Health and Wellness program creates communities of compassion and care with an integrated vision of wellness that prioritizes a holistic approach centered in justice, equity, theology, spirituality, and clinical awareness.

As we believe wellness and justice are inseparable and we prioritize mental health equity in marginalized communities, we know that this work is a communal effort, thus the Mental Health Equity Cohort was created.

In June 2023, a group of diverse mental health professionals were called together to serve on a two-year cohort led by Director of Mental Health and Wellness, Joselyn Spence, MDiv, LPC, ATR.



The Mental Health Equity Cohort exists for two distinct reasons.

To be a supportive and creative space for Disciples mental health and justice professionals to explore the intersections of mental health, wellness, theology, justice, and equity; and to address wellness disparities and issues of justice through the equitable sharing and creation of knowledge, resources, and support services to marginalized communities for the upliftment of all. Since forming, the cohort has created a wellness series for the winter months and beyond. The series includes recipes, breathing exercises, and wellness practices to serve you as you navigate this season. Meet the cohort and learn more at [NBACares.org/MH-Resources](https://NBACares.org/MH-Resources).

*National Benevolent Association of the  
Christian Church (Disciples of Christ)*  
733 Union Blvd Ste 300, St. Louis, MO 63108  
P: 314.993.9000 · [www.NBACares.org](http://www.NBACares.org)



**National  
Benevolent  
Association**  
of the Christian Church (Disciples of Christ)