



Strength in Sisterhood

A SISTERS WHO CARE MEETUP

*A gathering to spotlight the importance of mental health awareness
for African American women in our churches.*

*Together, we will share stories, resources, and strategies to uplift one another,
promote well-being, and build a supportive network that empowers us all.*



February 22, 2025 | 10:00 A.M.—2:00 P.M.

Friendship Baptist Church | 4396 Main St. | The Colony, TX 75056

Special Guests



Alice Ward

Licensed Professional Counselor
Transformation Begins Within, LLC



Tamiko Jones

Executive Director-Treasurer
WMU of Texas

Registration



Scan for more information
or wmutx.org/swc/meetup
\$10 per person (includes lunch)

Questions

Benny Bryant
Sisters Who Care Consultant
benny.wmutx@txb.org



Sisters Who Care
A Ministry of WMU of Texas

