



be Morr

A Therapeutic Community



Meet The Team



Regine Dorismond

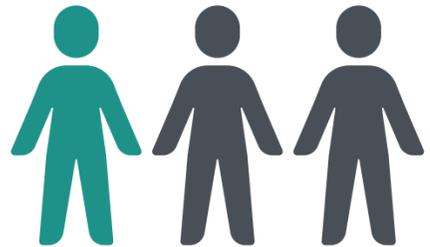
Co-Founder



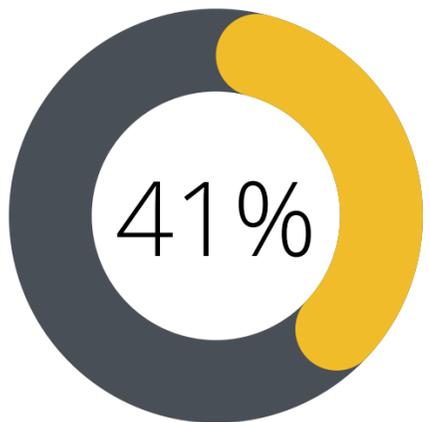
Roslyn Guzman

Co-Founder

Did You Know?



Only one-in-three African Americans who need mental health care receives it.



of African-Americans are reporting anxiety & depression

After George Floyd's death in June 2020

Covid-19 not only highlighted the countless disparities within our mental health system for WOC, but also called attention to the continued racial trauma WOC face on a daily basis.

Culturally Affirming Spaces Matter



The Gap We Fill

be Morr is a therapeutic community based in New York City, created by and for Women of Color (WOC).

Destigmatize

We are committed to destigmatizing mental health and changing what it means for WOC to seek help.

Liberation

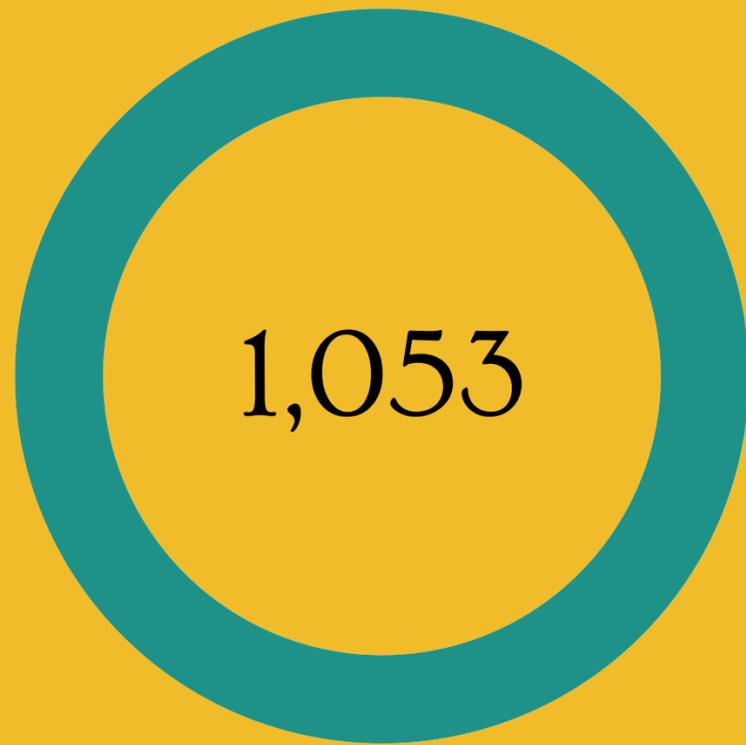
We empower WOC to access their ancestor's strengths in order to liberate and heal themselves so they can live authentically.

Representation

We strongly believe in order for WOC to best heal, they must have a therapist that looks like them, and understands the cultural and systemic challenges they face.



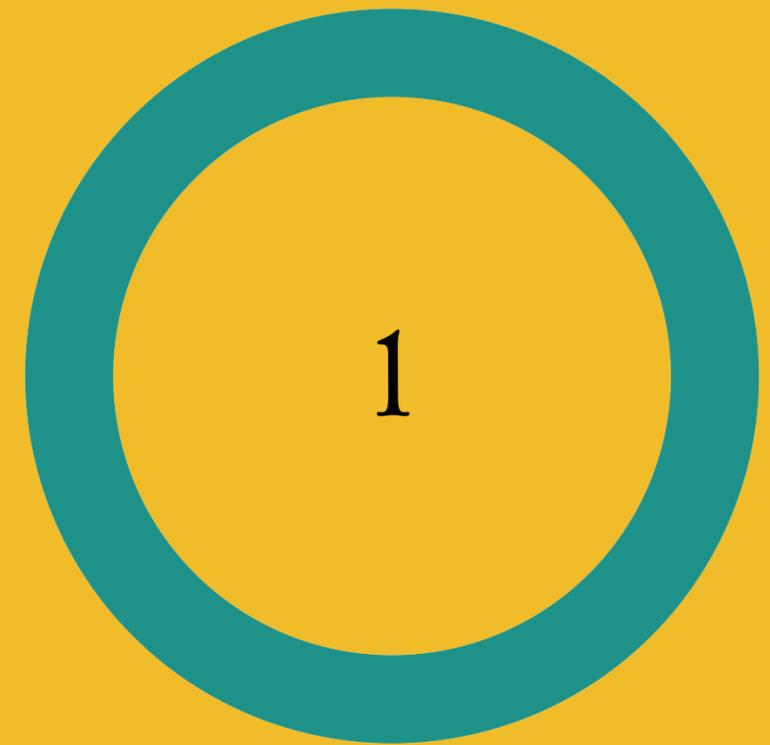
2020 Year In Review



Discounted Individual
therapy sessions



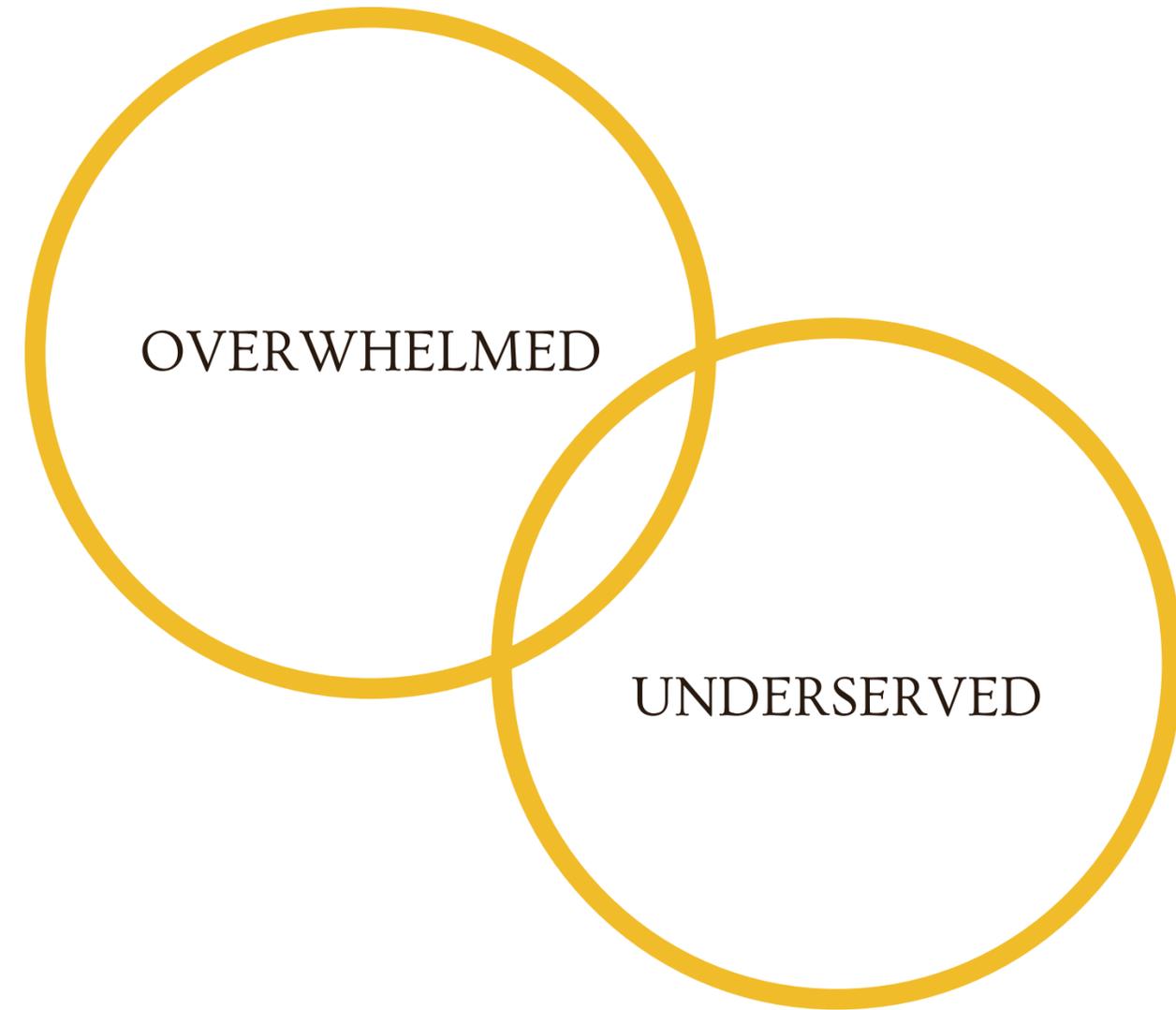
FREE virtual support
groups of over 50
participants



Wellness retreat with
20 participants



Our Community is



Empower WOC to be MORR



We're Hosting Our 2nd Annual Wellness Retreat

Homecoming: A Journey Back to You

Saturday August 28th

Location: Edith Macy Center
Westchester County, NY

Our Agenda Includes

- Sister Circles
- Keynote on setting boundaries setting
- DIY self-care crafts
- Afrobeats Dance class
- Meditation
- Yoga & More!



Last Year's Success



of our 20 participants stated they are very likely to attend our retreat again, and would recommend our retreat to a friend.

What they had to say

“ We spoke freely, and we understood each other. The location, meditation, yoga, and discussion in nature healed me in ways I didn't know I needed ”



How To Be Involved

WOC **ARE** healthy and deserve to live beautiful and fulfilled lives. Your donation will ensure this narrative continues to be true, and will support our continued work towards dismantling the barriers WOC face in accessing mental health services.



TIER 1

3 tickets to retreat for employee/sponsor a member of the Morr community

TIER 2

Tier 1 offerings + 1 therapy scholarship (5 sessions with a licensed clinician)

TIER 3

Tier 1 offerings + 75 Min workshop led by the Co-founders to your team on preventing burnout

*all donations will be highlighted in our marketing

We are counting on you



As a mental health champion, you will have the opportunity to create a world in which WOC no longer have to suffer in silence.

Thank you!



Get in touch with us:

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