

The background features a vibrant, abstract design with overlapping geometric shapes in shades of red, orange, and green. Several stylized hands of various skin tones are depicted, some reaching upwards and others downwards, creating a sense of unity and movement. The hands are rendered in a simple, bold style with visible fingers and palms.

# **REPLENISHING OUR SPIRIT: USING OUR VIBRATIONS TO RETURN TO PEACE**

**HEAR FROM THE C.H.A.T. COLLECTIVE (DR. TAHIRAH ABDULLAH AND HER STUDENTS – ALYSSA CHRISTOPHER, DARRICK SCOTT, JOSE AGUIAR, KAEA YAMINI, AND MARI ARRINDELL + CSNDC STAFF), YOUR NEIGHBORS, AND COMMUNITY MEMBERS AS THE C.H.A.T. COLLECTIVE FACILITATES A DISCUSSION ON THE IMPORTANCE OF PROTECTING OUR PEACE AND REPLENISHING OUR SPIRITS IN THE MIDST OF THE MANY CHALLENGES AND CHANGES WE ENCOUNTER ON A DAILY BASIS. WE WILL DISCUSS RE-DEFINING REST AND THE VALUE OF REST IN PUSHING BACK AGAINST SOME OF THE FORCES THAT CAN GET IN THE WAY OF MAINTAINING OUR PEACE.**

**HOSTED BY THE COMMUNITY  
HEALING AND TOGETHERNESS  
(CHAT) COLLECTIVE**

**THURSDAY FEBRUARY 17TH**

**6:30–8:00 PM (EST)**

**VIRTUAL GATHERING ON ZOOM**

**RSVP VIA EMAIL TO YVETTE:**

**YVETTE@CSNDC.COM**