BROWN GIRLS WRITE

MEDIA KIT

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Brown Girls Write (BGW) is a self-care initiative aimed at helping women of color reflect, heal, and thrive through self-expression. BGW was founded as a tribute to women of color who struggle to find the words and space to share their stories.

Writing is a powerful tool that can help us heal disease, trauma, loss, and decrease stress. By sharing our stories and listening to others, we experience commonality, meaning, and purpose. Our workshops and groups are a safe and supportive environment to express deep feelings and transform hurt into love, forgiveness and personal power.

Through expression, we give our narratives power and inspire others to do the same. Healing starts with self. BGW's mission is to stand in solidarity with those whose stories have been forgotten, unsung and unnoticed. Join us on our mission to help 100,000 women heal.

**OUR PARTNERS:**
- Atlantic Street Center
- Boys and Girls club
- City of Federal Way
- City of Kent
- Pongo Teen Writing
- CHI Franciscan
- University of Washington
- Seattle Public Schools
- Highline Public Schools

**DID YOU KNOW?**

Statistics from the Centers for Disease Control and Prevention show that women of color experience a higher rate of sexual violence. Moreover, a third of U.S. youth ages 12-17 have experienced two or more types of childhood adversity that are likely to affect their physical and mental health as adults.
PROGRAMS

BROWN GIRLS WRITE OFFERS PROGRAMMING TO WOMEN AND GIRLS OF COLOR IN THE PUGET SOUND AREA

BROWN GIRL, YOUR VOICE MATTERS

SISTER CIRCLES

SISTER CIRCLES ARE A SAFE AND SUPPORTIVE ENVIRONMENT WHERE PARTICIPANTS CAN SHARE THEIR STORIES AND CONNECT WITH WOMEN WHO HAVE SIMILAR EXPERIENCES. SISTER CIRCLES ARE OFFERED MONTHLY IN NORTH AND SOUTH KING COUNTY.

WORKSHOPS

BROWN GIRLS WRITE OFFERS 6-8 WEEK LONG WORKSHOPS TO WOMEN AND GIRLS IN SEATTLE AND SURROUNDING AREAS. PARTICIPANTS LEARN HOW TO COMMUNICATE EFFECTIVELY, BUILD BOUNDARIES, AND THE POWER OF EXPRESSION WRITING. PARTICIPANTS ALSO HAVE THE OPPORTUNITY TO PUBLISH THEIR WORK IN A GROUP ANTHOLOGY.

OUR LATEST PROJECT

HOLLER IF YOU HEAR ME: A COMING OF AGE ANTHOLOGY

Each year, Brown Girls Write helps women and girls across Western Washington tell their stories. Some of these stories are hard to read. Others offer inspiration to those who desperately need it.

Each story belongs to a phenomenal women who offers their narrative to inspire change and most importantly healing. Women of color have important things to say. These stories were curated to show women young and old that their voice matters.

Holler if you hear me was created in partnership with Seattle Public Schools and Atlantic Street Center.
Since our launch in March of 2018, BGW has facilitated write yourself workshops, led talks at healthcare facilities, and community-based organizations on the topic of healthcare disparities in black and brown communities and the power of expressive writing as a self-care tool.

In addition to trauma survivors, we partner with physicians, social workers, therapist, and community-based leaders. Our mission is to reduce youth violence and reunify families by eradicating generational cycles. During our workshops clients learn:

- How to effectively communicate
- Boundary building
- Positive parenting skills
- Coping skills
- How to create a self-care plan
- Problem solving skills
- Creative writing skills

Participants reported:

- Feeling less stressed after a BGW writing session
- Feeling commonality and support from group participants
- Feeling happy that someone listened to their story
- Feeling confident in their ability to create a self-care plan
- No longer feeling alone
- Wanting to write more

Expressive writing is evidence based tool that can help trauma survivors cope with depression, PTSD, fear and anger. Experts believe writing has a positive impact on emotional and physical wellbeing. Writing for as little as 15 minutes a day can decrease stress and improve mood.
"My experience with Brown Girls Write has been exponential. With the help of Brown Girls Write I have been able to share my story and experiences with the constant support of like-minded individuals. This organization has immersed me around women that also want to heal who have encouraged and reminded me that I am not alone. Brown Girls Write has been a support system and a safe place for women like me in the Pacific Northwest." Kim S.

"Brown Girls Write was introduced this year at my school. What I appreciated the most about this experience was the open and honest discussions, the support I felt and received from the group facilitators (Christy and Kim), and the fellowship we created. The most powerful part of this experience was the end celebration where my students were given access to their stories published online. While they may not understand the importance of this publication now, when they are older and can reflect on how much they have grown and changed, Brown Girls Write will always be a memory they can return to and revisit their stories." Rio C.

Larnette Slade
I'm so Blessed that my Cousin Lishuan Ingram and I came to the Brown Girls Write group on Sunday. It was a Beautiful experience. It was nice hearing other Ladies stories as well. Even sharing my story felt like I lifted some weight from within.

Amayah Campbell
I loved all the exercises we did and getting to know each other so well!!! I would definitely go again 😆😆

Najah Mprsv Hull
When I tell you if was NOTHING SHORT OF DIVINE INTERVENTION that put these two queens on my heart when deciding who to invite to the inaugural circle of Brown Girls Write, it was a match made in the heavens. We met with other Brown Girls and took time to put thoughts, emotions and experiences to paper. I cannot wait until the next time!! Oddly enough words cannot express how much I needed this!! Thank you Christy for having the courage to manifest your vision! See you next time! 🌱 — with HazelDanielle Clayton and Brandy Butler.

Brandi Hunter
My first experience with BGW was wonderful and I hope to be able to attend in the coming future. The women and their willingness and boldness to come forward to bare their souls was refreshing and beautiful - even though we all have gone through pain, we all got through it to bring focus on what is important at the end of the day and that is that we are survivors and queens. Thank you Christy and the ladies of BGW! May you continue to stand tall ❤️❤️❤️
I am passionate about helping women speak their truth. Writing Little Miss Somebody, gave me the strength to share my story and break generational cycles. Throughout my journey, I have met several women with similar life experiences. Some were abandoned as children, sexually assaulted or physically abused—a narrative that is too common in black and brown communities.

Hearing these stories inspired me to create a platform that holds space for women who’ve had difficult experiences. Studies have proven there is a link between adverse childhood experiences and mental/physical illness. There is also increasing evidence that suggests writing is a powerful tool to heal the mind, body, and soul.

Join us on our mission to help 100,000 women transform their pain into triumph. Share your story. Inspire your loved ones to stand in their truth. Healing starts with you. Become the change you want to see in the world.