



Calm Waters Presents “Grief in the Black Community” Webinar for Mental Health Professionals in Recognition of Black History Month

Oklahoma City, OK, February 8 - Calm Waters Center for Children and Families, the only grief center in Oklahoma offering free grief support services to children and families, presents a monthly webinar series aimed to educate and engage mental health professionals on grief-specific topics. The February installment of the series will recognize Black History Month with a panel discussion of “Grief in the Black Community” at noon on February 24 via Zoom.

Focused on relevant and research-based subjects, the Calm Waters Webinar Series is a monthly opportunity for mental health professionals to earn continuing education credits and learn about the nuances of serving clients with grief. Oklahoma has a shortage of mental health professionals and most therapists/counselors are generalists; they have received little to no training in addressing grief-specific trauma and may have no specific expertise or experience in addressing the grief process. The Calm Waters Webinar series is a way for mental health professionals to gain knowledge on how to serve their clients experiencing feelings of grief and loss.

“Grief has no bounds. It touches the lives of each and every person regardless of race, religion or socioeconomic status,” said Calm Waters Clinical and Program Director Heather Warfield, LMFT. “Nonetheless, people do not often know how to support their loved ones through grief and loss, nor do people often feel supported by their loved ones while grieving. This webinar series hopes to provide information specific to mental health professionals and anyone who would like to learn more about helping others navigate through various types of grief.”

In recognition of Black History Month, the next installment of the webinar series will be “Grief in the Black Community”, presented virtually on February 24 from noon to 1:00 in the afternoon. A panel of mental health professionals and advocates will discuss how grief impacts and appears within the black community. Participants will learn from the experiences of black panelists with a perspective from their own grief, that of their communities and that of their clients.

“The Black Community has begun to embrace more wholistically the toll of our collective and personal grief and the need for prioritizing our emotional well-being along with our spiritual and physical well-being,” said webinar panelist and Calm Waters Clinical Intern Yletha Hart. “This awareness is helping to de-stigmatize the use of mental health services as a personal weakness to instead an avenue for important self-care. As we continue to make progress, in the Black Community, towards de-stigmatization of mental health services this conversation should be sufficiently engaged and occur regularly to support those efforts.”

Panelists include Cynthia Calloway, M.Ed., MAMC, LPC; Yletha Hart, BA; Lena Samilton; Chelsea Keel, MS, LMFT; and Rhonda Mitchell, MS.

To register for “Grief in the Black Community” and future installments of the Calm Waters Webinar Series, visit the [Calm Waters website](#).

[Read this release online.](#)

About Calm Waters Center for Children and Families

Calm Waters Center for Children and Families provides FREE grief support services for children and families on their grief journey caused by death, divorce or other significant loss. Since beginning in 1992, Calm Waters has served more than 50,000 individuals across the Greater OKC Metro Area through their Center and School Support Groups. For more information about Calm Waters and their services, visit Calmwaters.org or call 405-841-4800. Calm Waters is a proud United Way of Central Oklahoma Partner Agency.

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