



## Black History Month

February is Black History Month. Black History Month originated as “Negro History Week” in 1926. It was created by Carter G. Woodson with others on the Association for the Study of Negro Life and History, which Woodson also founded. Woodson is an African American scholar, historian, educator and publisher. After many years of efforts, the weeklong celebration shifted into a month-long celebration of recognition and inclusion of Black History. This monthlong celebration was recognized by U.S government in the 1970's and has now grown into a nationwide celebration and recognition of African American Heritage and achievements.

### WAYS YOU CAN HONOR AND RECOGNIZE BLACK HISTORY MONTH:

- **Educational:** Attend or organize educational events, programs, and workshops.
  - [Minnesota African American Heritage Museum and Gallery](#)
  - [Minneapolis Institute of Art: Black History at MIA](#)
- **Art & Culture:** Explore art, literature, music, and cinemas through exhibitions, performances, and readings.
  - [Spotify Playlist: This is Frequency](#)
- **Community Events:** Participate in or organize community events.
  - [Celebrate Black History Month in Minneapolis](#)
  - [Celebrate Black History Month in St. Paul](#)
- **Support Black-Owned Businesses:** Shop locally and promote black-owned enterprises.
  - [Shop Black-Owned Businesses in Minneapolis](#)
  - [Shop Black-Owned Businesses across Minnesota](#)
- **Share Knowledge:** Share information about history and achievements with friends, families, communities, social networks, etc.
- **Volunteer:** Offer your time and skills with organizations that promote racial equality, equity, and social justice.

## Financial Assistance from 2023

Relate Counseling Center is committed to reducing barriers for our clients receiving mental health services.

Here is a recap of the financial assistance we provided to our clients this past year. With help from our generous donors, we are able to offer such assistance.



## Get to know our staff!

Meet Eva Fink! She is our Clinical Director of Office Services. She has been at Relate for more than a year. In her work, she leads our program management team, offers guidance and support to our office-based leadership team and clinical supervisors, and guides the future planning of office-based programming. Under her guidance, we continue to have strong partnerships with four area food shelf organizations and continue to offer mental health programming across the lifespan. Thank you for all you do for Relate, Eva!

### Meet Our Staff:

# Eva Fink

(she/her)

- Clinical Director of Office Services
- Her clinical specialties are working in family systems, utilizing trauma informed and strengths-based care. She supports her clients with parenting, attachment, and relationship concerns.
- **Fun fact:** Eva and her daughters took up the hobby of visiting different libraries across the state during COVID, when book circulation slowed to a halt. They have visited over 50 Minnesota libraries!



## No Waitlist for Office-based Services!

Our office-based services have immediate daytime openings for in-person or telehealth services for all ages! If you know someone who could benefit from our support, they can use [this link](#) to submit an appointment request, scan the QR code in the image below, or call us at 952-932-7277.

# NO WAITLIST

FOR ALL AGES!

Relate has immediate **daytime** openings (telehealth or in person) for mental health services for **all ages!** Please go to our website to submit an appointment request or scan the QR code to schedule an appointment with a highly-trained clinician!



[Click here to support Relate!](#)