



BEAM

2025 ANNUAL REPORT

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HOW WE BUILD MOVEMENT



Train

BEAM equips community leaders, therapists, wellness practitioners, teachers, barbers, medical professionals with the tools to disrupt ableism, mental health criminalization, transphobia and sexism in Black communities and respond to mental health crises with care.



Resource

BEAM funds and sustains an international network of Black, Afro-Indigenous and values aligned healing justice and mental health efforts.



Restore

BEAM creates in-person healing and wellness spaces in partnership with trusted organizations to support our most under-served communities.

WE ARE BEAM

WE BUILD ECOSYSTEMS OF CARE

Background

BEAM's name and work is inspired by HIV/AIDS activist, author, and pro-feminist, Joseph Beam. BEAM envisions a world where there are no barriers to Black healing and centers a healing justice-informed approach in its services and programs.

Mission

BEAM's mission is to remove the barriers that Black people experience while gaining access to or staying connected with emotional healthcare and healing. BEAM achieves this through healing justice-based organizing, education, training, grant making, and advocacy.

*"We are risin'
to the love we
all need"*

Joseph Beam
Activist, Writer,
and Poet



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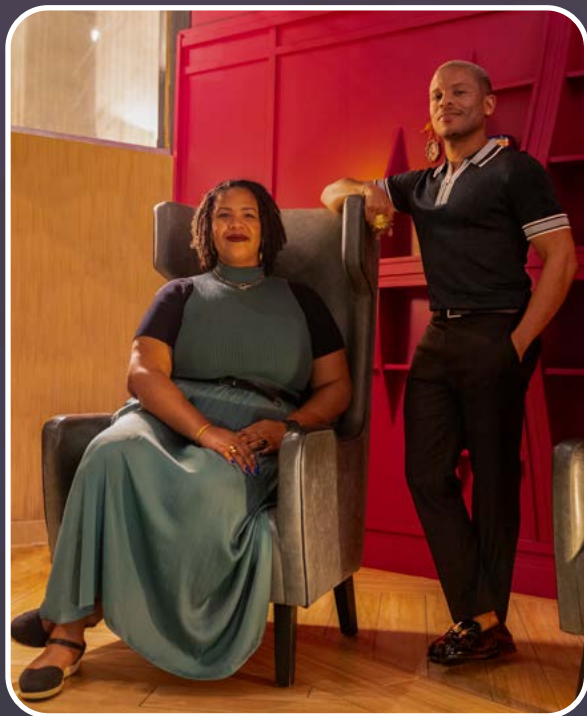
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Founder, FFC®



LEADERSHIP LETTER



Dear Beloved Community,

This past year has asked a lot of all of us. Across the country, we've watched resources shrink, support disappear, and the conditions around us grow more strained. And still, in the midst of it all, our communities have continued to show up for one another with care, creativity, and commitment. As BEAM's leadership team, we are honored to tap into the resilience of our ancestors and be part of that ongoing practice of showing up.

In 2025, we remained grounded in what we know to be true: that our people already carry the wisdom and capacity to heal, and that when resourced, that power expands. Through our trainings, gatherings, and tools, we continued to offer practical ways for people to navigate crisis, build emotional resilience, and care for one another in real time. We also stayed close to the heart of the community. Through efforts like our parent support fund, we were able to directly resource families navigating mental health challenges, offering not just financial support but a reminder that they are seen and valued. Through our Rooted in Care dinner, we gathered healers, practitioners, and community members in intimate spaces to nourish connection, reflection, and collective vision to repair collapsed health infrastructure. We also trained community healers to hold space via our Heart Space Certification program. Through this learning cohort, we equipped community leaders with the tools to facilitate healing circles in their own communities and alongside us. Reinforcing our robust training team with additional resourced and skilled facilitators ensures the work is shared and sustainable, especially in trying times.

At a time when many organizations and public systems are being defunded, we have remained committed to resourcing those who hold this work on the ground. We know that mental health workers, healers, and caregivers cannot continue to pour from empty cups. Supporting them—through

training, connection, and tangible resources—continues to be a central part of our work and our responsibility.

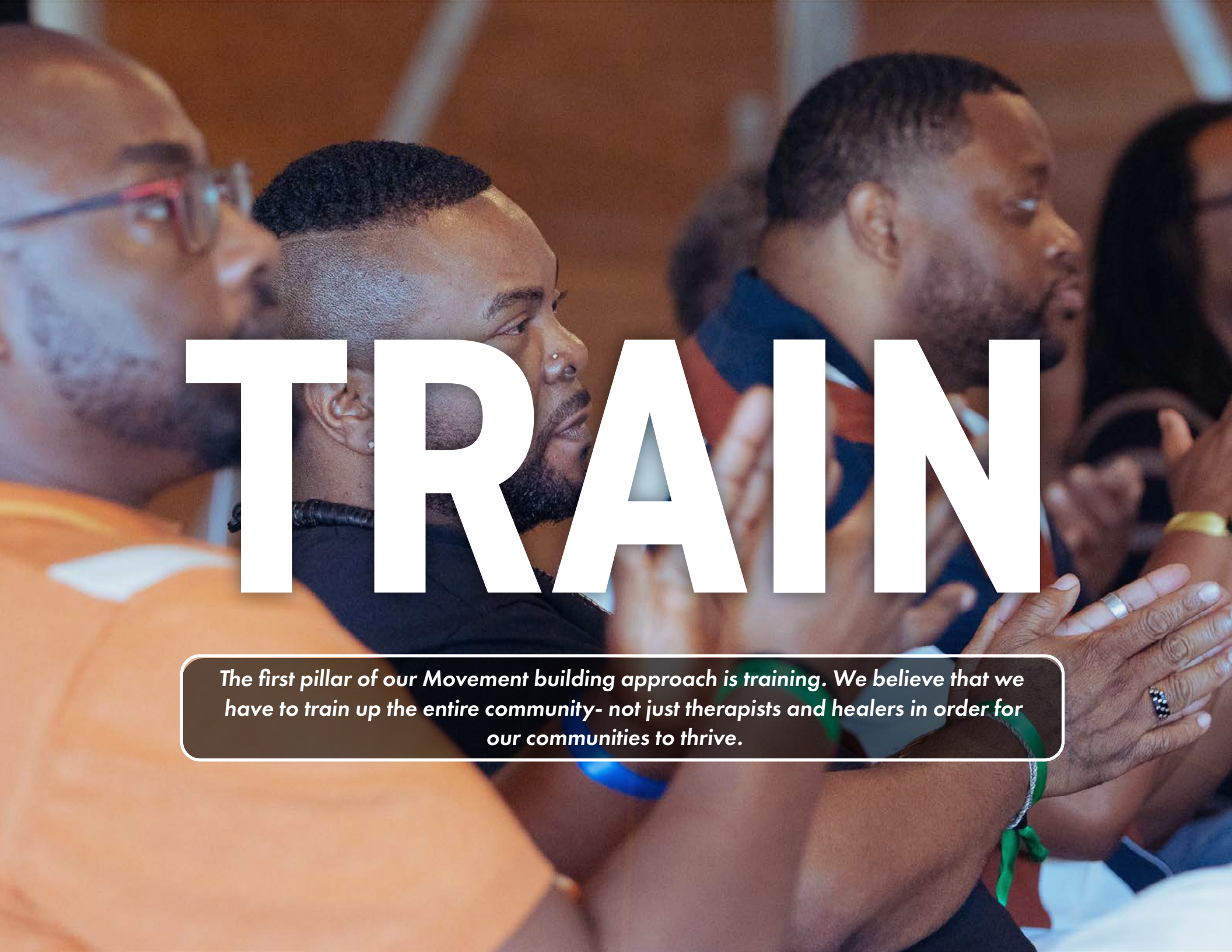
This year was not without its challenges. Like many of you, we have had to navigate uncertainty, make hard decisions, and adapt in real time. But what has remained steady is our belief in community-held care and our commitment to building and sustaining what we need, even when broader systems fall short.

As we look ahead, we do so with clarity and intention. We are continuing to invest in spaces, tools, and relationships that help us weather what's here and what's to come. We invite you to stay connected to this work—whether by joining us in practice, sharing what we offer with others, or finding your own ways to be part of this ecosystem of care.

Thank you for being part of this community, and for all the ways you continue to show up.

In gratitude and solidarity,

Jessica E. Johnson Yolanda R.



TRAIN

The first pillar of our Movement building approach is training. We believe that we have to train up the entire community- not just therapists and healers in order for our communities to thrive.

TRAINING HEALING CIRCLE FACILITATORS ACROSS THE WORLD

Heart Space Certification

3200+

HOURS TRAINING
COMMUNITY MEMBERS
TO HOLD
HEALING SPACE

In the face of public health divestment and increasing costs of therapy, BEAM is training community members to hold collective spaces for healing, emotional processing and skills building.



▶ TESTIMONIAL VIDEO

In 2025, BEAM launched Heart Space Certification—a 3-month hybrid training equipping leaders to facilitate healing circles in their communities.

With East and West Coast cohorts, BEAM trained organizers and care workers to lead culturally rooted, collective healing spaces.

By training a network of practitioners to support collective wellness, hold group healing spaces and mobilize healing justice efforts— we are laying the groundwork to ensure care is available to our communities that is culturally relevant and transformative.

CLICK TO LEARN MORE



▶ PROGRAM OVERVIEW

TRAINING OUR COMMUNITIES AS FRONTLINE RESPONDERS FOR MENTAL HEALTH CRISIS & CARE

1,570+

COMMUNITY MEMBERS TRAINED ON
CRISIS MENTAL HEALTH, HEALING JUSTICE
AND MORE IN 2025

Emotionally Intelligent Leadership Black Mental Health & Healing Justice

A core part of BEAM's mission is strengthening communities' ability to respond to mental health challenges with dignity and care. Through our training programs, BEAM equips leaders, organizers, and community members with practical tools for emotional wellness, crisis response, and healing justice practice.

In 2025, our trainings continued to expand the network of people prepared to support mental health and wellbeing within their communities.

"The overview of the history was so impactful and a great reminder of why communities might be hesitant to seek out services given the generational trauma that has impacted them"

- Black Mental Health & Healing Justice Participant

"My main takeaway is to check in with my feelings and my emotions before approaching my work. My job is very anxiety inducing and I do not feel safe there. But, by tending to my own emotional intelligence, I can create a workplace that is enriching. With time, I hope to encourage others to go through this training"

- Emotionally Intelligent Leadership Participant



Black MASCULINITY (re)imagined

Bringing Black men and masculine folks together to unlearn unhealthy masculinity and build community for a better future.

In 2025, BEAM hosted Black Masculinity (Re)Imagined Summits in Los Angeles and Atlanta, creating spaces where Black men and masculine folks could explore mental wellness, connection, and healing in community.

Participants spent the day engaging in workshops, meditation and sound baths, conversations about emotional wellbeing, and moments of joy and play—from shared meals to games of spades and basketball. These gatherings challenge narrow narratives about masculinity while inviting participants to imagine new possibilities rooted in vulnerability, care, and community support.

115+

MASCULINE FOLKS TRAINED



► ATLANTA RECAP VIDEO



► LOS ANGELES RECAP VIDEO



► TESTIMONIAL VIDEO

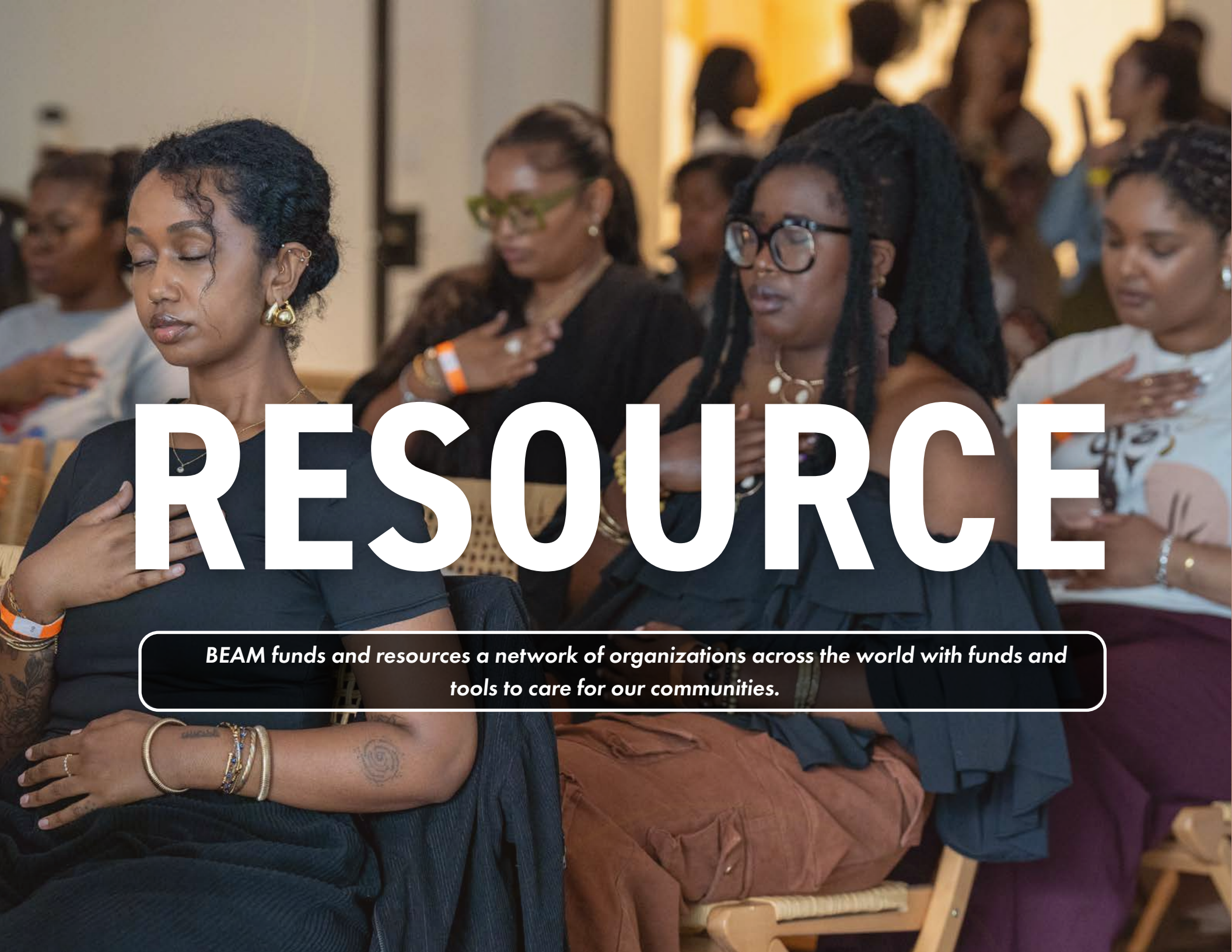
BEAM'S FIRST ALL SPANISH HEALING CIRCLE



Expanding Our Reaching In The Carribean: Masculinity Reimagined in the Dominican Republic

This gathering was part of Black Masculinity Reimagined, held in a local barbershop and fully facilitated in Spanish in the Dominican Republic. The space invited men to engage with tools like the Feelings Wheel and the PAUSE tool while opening up about mental health, emotions, and lived experiences, with an emphasis on self-awareness and self-de-escalation. We're sharing photos from this healing circle that capture joy, vulnerability, and deep connection rooted in language and culture. Each image tells a story of collective care, reflection, and the power of men coming together to heal in community.





RESOURCE

BEAM funds and resources a network of organizations across the world with funds and tools to care for our communities.

RESOURCING THE WORK: GRANTS

\$10,000 THE SOUTHERN HEALING SUPPORT FUND

The Southern Healing Support Fund is a community-driven fund that provides funding for mental health and healing practitioners that support Black and marginalized communities including clinicians, yoga practitioners, community workers, and group facilitators to implement innovative healing and support strategies in the Southern region of the U.S.

SHSF GRANTEES:

My Sistah's House

Black Women DO Heal, Inc

My Sistah's House Memphis

BACH'S CROPS

\$30,000 THE BLACK WELLNESS INNOVATION FUND

The Black Wellness Innovation Fund is a funder collaborative that supports innovative, wellness work in Black and marginalized communities.

BWIF GRANTEES:

Role Models Academy
NPC

The Gatekeepers
Collective

In Cultured Company

MashUP Nashville

Dr. Raquel

Rice Creative

Aging & HIV Institute

BetterBrothers LA

Leah Lakshimi

Trans Lifeline

Grantee Spotlight: Cape Town South Africa



Grants support Role Models Football Club, an organization based in South Africa that uses football (soccer) as a tool to teach mental health and wellness skills, fostering personal growth and community connection.



PARENT SUPPORT FUND

\$32,000

DISTRIBUTED IN 2025 TO BLACK PARENTS
NAVIGATING MENTAL HEALTH

PSF RECIPIENT TESTIMONIALS

" It was an immediate mood boost. We were able to go and get groceries for the week and prepare early for Thanksgiving. "

" The award helped my family tremendously! With the government shut down my assistance was limited, so I was able to get groceries and pay my electric bill. Thank you so much!! "

The Parent Support Fund provides direct monetary support to Black and marginalized parents who are living with mental health conditions or supporting children living with mental health conditions. Funds are distributed on a quarterly basis.



▶ TESTIMONIAL VIDEO

HEALING JUSTICE SCHOLARSHIPS

Expanding skills and capacity For community organizers

\$7,740

IN VALUE

Chosen applicants got up to \$750 & access to core BEAM trainings.

Many community organizers didn't have the financial flexibility to step away from their work to attend trainings, so we stepped in to help close that gap. BEAM provided scholarships that made it possible for movement leaders to join our trainings and bring those tools back into their organizing. These leaders are deeply engaged in frontline efforts advancing voting rights, reproductive justice, trans liberation, abolition, racial justice, disability justice, and healing justice.

TRAININGS INCLUDED:

Black Masculinity (Re)Imagined
Black Mental Health & Healing Justice
Peer Support Training
Emotionally Intelligent Leadership Training

GRANTEE HIGHLIGHTS



Vanessa
Weathers



BWINH Collective
Where ancestral dreams become collective blueprints.



Queen
Adesuyi

Reframe
Health+
Justice
consulting

BUILDING COMMUNITY AMONGST CARE WORKERS: ROOTED IN CARE DINNER SERIES

► [CLICK TO VIEW EVENT RECAP](#)

Our Rooted in Care Dinner brings together Black healers, organizers, and community leaders for an evening grounded in nourishment, reflection, and connection. Through shared meals, guided conversation, and cultural ritual, participants are invited to pause from the demands of their work and reconnect with community.



30+

Black mental health and movement leaders gathered for a BEAM strategy dinner in Brooklyn.



"It meant a lot to be in the presence of so many black healers, organizers, and visionaries, gathered in a spirit of care and liberation. The energy in the room was deeply affirming and such a reminder of what becomes possible when we center connection as part of our political and spiritual work."

- Adaku Utah



CHANGING THE CONVERSATION: MASCULINTY, DISABILITY AND MENTAL HEALTH

In 2025, BEAM continued shaping the conversation around community care through gatherings, thought leadership, and storytelling. Through our event, “When the System Pulls Back, We Pull Up: The Underground Wellness Network and The Future of Care,” we convened nearly 100 attendees for a community conversation. Together, we explored the role of formal and informal community health systems in sustaining our people during a time of increasing state violence and divestment from public health. This work extended beyond the gathering through a published article, a featured talk at the Ford Foundation, and participation on a Me Too panel at the Apollo Theater focused on confronting harm and strengthening community care.

[READ THE ARTICLE](#)[▶ WATCH THE VIDEO](#)

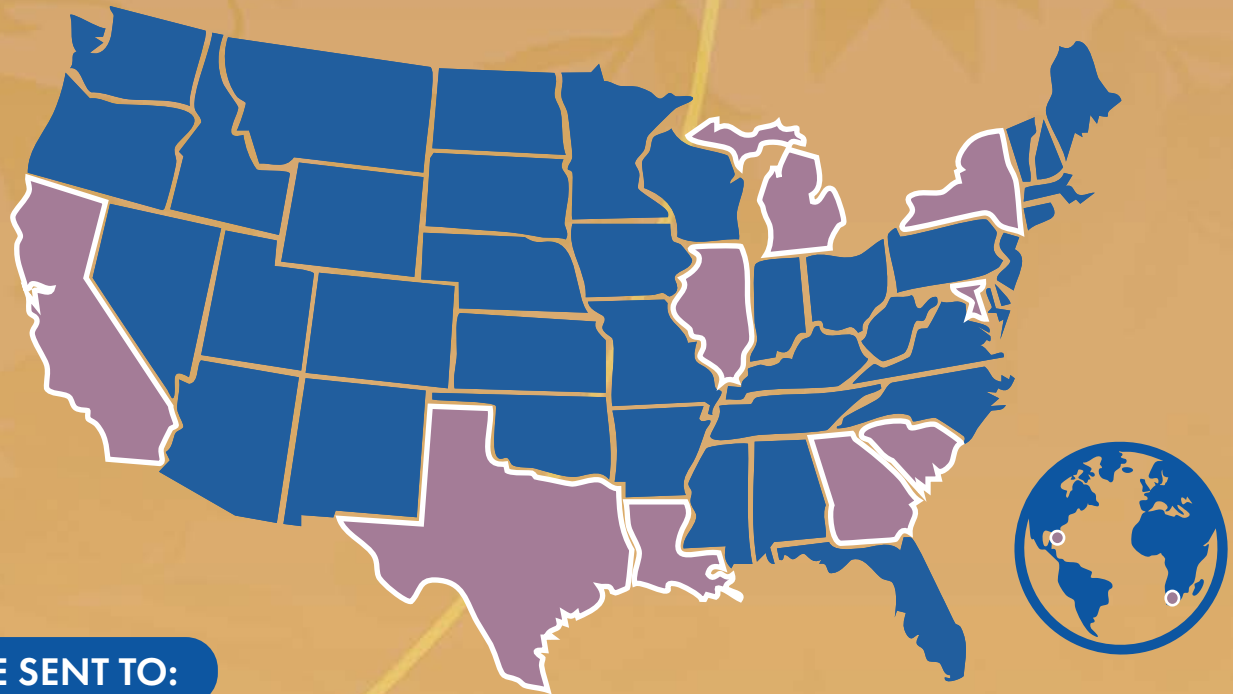
PROGRAMS SPONSORED BY BEAM

We are honored to support and strengthen Healing Justice-centered movement work focused on healing, care, harm reduction, and peer support.

7,540+

Mailed Wellness Tools

California, Georgia, Louisiana, New York, South Carolina, Illinois, Michigan, D.C., Texas, Dominican Republic, and South Africa



TOOLS AND RESOURCES WERE SENT TO:

Barber Gurus x Skid Row & Village Circle (CA)

DR Healing Circle (Dominican Republic)

Decolonizing Hispaniola Conference (NY)

Townsend Harris High School (NY)

Glendale High School (CA)

DC Black Pride (Washington, D.C)

National Association of Black Journalists Los Angeles (NABJLA) (CA)

Project H.E.A.R.T. (Hope, Empowerment, Advocacy, Resilience, Transformation) -- Teen Group (SC)

Brave New Voices Poetry Festival (CA)

Rosebud Project -- ATL Trans Program (GA)

Hot Topic (CA)

me too International (NY)

T.R.U.T.H. Project, Inc. A Vibe Called Rest Fest (TX)

Wisdom Institute (MI)

Rustin Lorde Breakfast (GA)

Native Son (NY)

Hitha Healing House Inc. (MI)

Dream House Lounge (LA)

Role Models Football Club (South Africa)



RESTORE

BEAM creates in-person healing and wellness spaces in partnership with trusted organizations to support our most underserved communities.

HEART SPACE

Our signature community healing circle where Black folks come together to breathe, reflect, release, and connect.

We continued to host our monthly Heart Space for community members in Atlanta, Los Angeles, and virtually. Rooted in culture and ancestral wisdom, Heart Space supports participants in tending to their mental and emotional well-being in community.

Whether in person or online, these gatherings hold space for processing, connection and healing practices grounded in healing justice.



LOS ANGELES

ATLANTA

VIRTUAL

530+

COMMUNITY
MEMBERS ATTENDED
HEALING CIRCLES

" It was important to just be in community -- as outside of church, I have not had opportunities to connect with the Black Altadena community. I appreciated how the facilitator made the event feel like a safe space, like home "

- Heart Space Participant



BLACK HEALING REMIXED

Our Annual Mental Health Month Extravaganza

This year, in the midst of uncertainty, distress, and confusion, we chose to redirect our energy and focus on the power within our communities to heal. Across Atlanta, Los Angeles, and virtual spaces, we created moments where Black folks came together to rest, reconnect, and remember: you don't have to heal alone—and you don't have to navigate that political moment alone. We are stronger together.

We gathered for a day rooted in liberation-centered wellness tools, healing spaces, free gifts, and the kind of community care that restored the spirit and honored our legacy. As Black people, our healing has always been deeply intertwined with our resistance.



Corporate
Sponsors



\$2,400

Cash stipends given to
Parents and families
navigating mental health



▶ TESTIMONIAL VIDEO



BLACK HEALING REMIXED

300

Wellness Care Kits Distributed

133

Participants

24



COLORING STATION



BEAM OF LIGHT PORTRAIT STATION



APOTHECARY POP-UP



THE PARENT SUPPORT FUND



VOGUE CLASS



KID ZONE

WILDFIRE RELIEF

In response to the Eaton fires, BEAM offered a monthly community healing experience for those directly impacted—those who lost their homes, were displaced, or stepped up to care for others.

In partnership with Quantum Clinic, we launched monthly float therapy sessions as part of our ongoing commitment to healing and wellness in Altadena. In moments of crisis and recovery, emotional wellness and mental health support are often treated as secondary, even though communities are carrying immense grief, stress, and exhaustion. We created space for people to slow down, process, and be cared for in the midst of survival. These sessions also offered participants the opportunity to experience float therapy as an underutilized healing modality

▶ TESTIMONIAL VIDEO



\$30,000+

GIVEN IN CASH STIPENDS TO SUPPORT MENTAL
HEALTH AND WELLNESS VISITS



A group of Black people are gathered in a room with a brick wall and large windows. Several individuals are standing and clapping, while others are seated in the foreground. A man in a patterned sweater is clapping prominently. A woman in a blue top is also clapping. The atmosphere appears to be one of celebration or support. In the background, there are posters on the wall, one of which mentions 'The GLOW Model for F'.

AMPLIFY

Our work lives in the media, too. We leaders in the conversation around Black mental health and healing justice: shifting narratives, exposing disparities, and amplifying solutions that support healing and liberation.

ROOTED IN HEALING T-SHIRT COLLECTION

In 2025, BEAM launched a limited-edition merchandise collection ahead of World Mental Health Day, enabling community members to bring common BEAM affirmations into their everyday life. The collection features three messages central to BEAM's healing justive approach and often featured in BEAM trainings

► PROMOTIONAL VIDEO



► PROMOTIONAL VIDEO

BLACK HEALING REMIXED THE PODCAST REIMAGINING THE NARRATIVE



GUEST HIGHLIGHTS



From Body to Spirit:
A Talk with Tabitha
Brown



Unveiling the Past:
Antonia Hylton on
Madness & Insanity
in a Jim Crow Asylum



From Ancestral
Practices to Political
Resistance with Dr.
Evan Auguste



The Invisible Ache:
A Conversation
with Courtney B.
Vance and more

42,000+

LISTENERS IN 2025

Season Two of Black Healing Remixed: The Podcast centers the voices of the BEAM community. The season features conversations with healers, advocates, and longtime collaborators who are shaping the future of mental health and healing justice work. Through these discussions, the podcast creates space for reflection, storytelling, and shared learning while expanding the cultural narratives around healing.

▶ SEASON 2 TRAILER

PRESS HIGHLIGHTS

CLICK THUMBAIL TO READ



Word In Black



BLACK
ENTERPRISE

EVERYDAY  HEALTH

The Charlotte
Observer



ABC7 Eyewitness News featured
BEAM's Black Healing Remixed:

As part of its Mental Health Awareness Month coverage, ABC7 highlighted our work in LA and beyond. The segment uplifts our commitment to community-based healing, collective care, and accessible wellness resources in response to ongoing social and political stressors.

AWARD HIGHLIGHTS



NAACP Out and Organized Award

In 2025, BEAM received the Out and Organized Award at the NAACP National Convention, honoring our leadership in advancing healing justice and our longstanding commitment to centering Black trans and queer communities in mental health work. BEAM also contributed to national dialogue through a featured talk on “The Fierce Urgency of Now,” addressing the importance of community-driven mental health care in the face of ongoing social and political challenges.

Culver City Proclaims Community Care Day

Culver City has officially proclaimed May 16 as Community Care Day, recognizing the power of collective care and mutual support alongside BEAM’s Black Healing Remixed event this year. The proclamation calls on residents to show up for one another and treat care as a shared responsibility that strengthens the entire community.

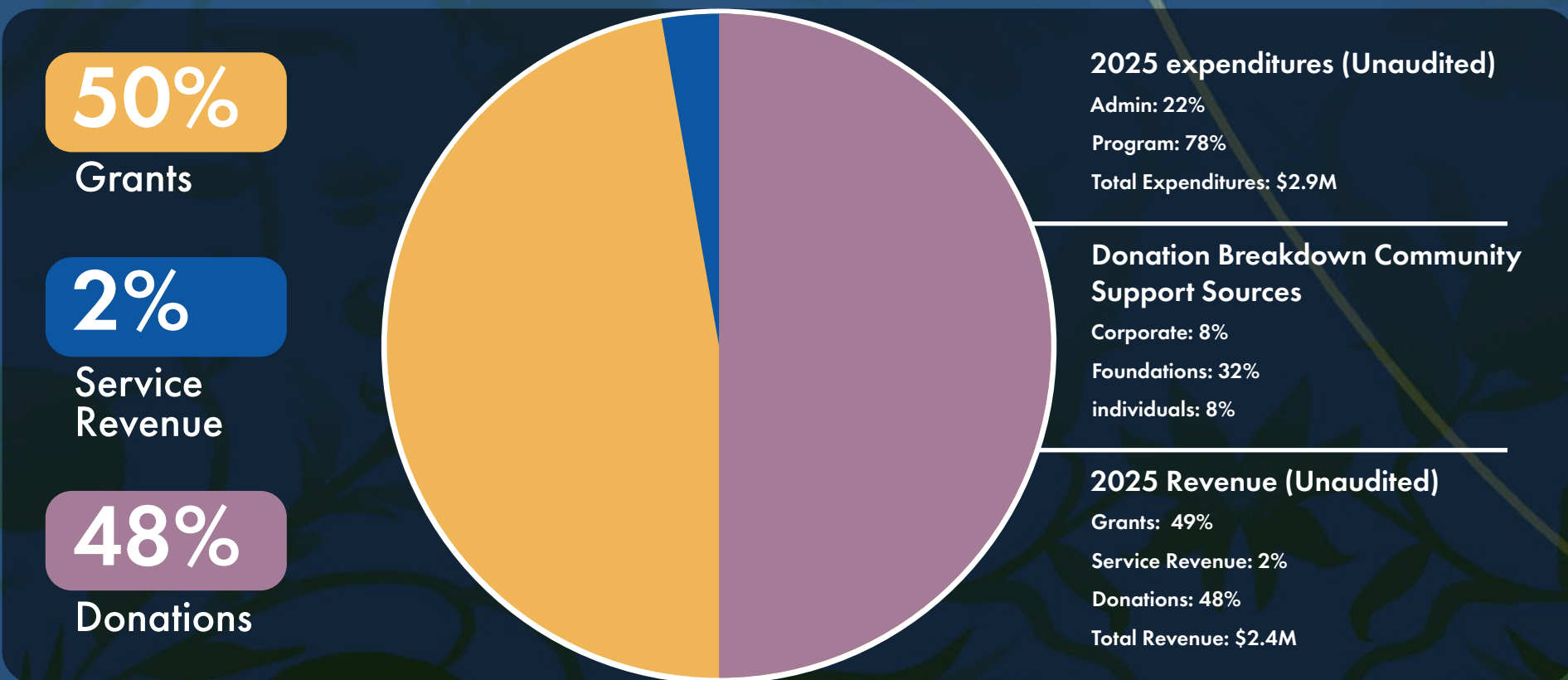


ANTHEM AWARDS

In 2025, we received recognition for our 2024 Black Healing Remixed event which won Best Community Engagement and the Anthem Community Voice Award, honoring the power of collective care in action.

FINANCIAL UPDATE

BEAM continues to be sustained by a strong network of individual donors, foundations, corporate partners, and community supporters. Their continued investment helps ensure our financial stability and strengthens our ability to respond to community needs with care and intention. These numbers reflect the power of mutual investment: as BEAM continues to show up for community, community continues to show up for BEAM!



FUNDER GRATITUDE

BEAM is sustained by a strong network of supporters who believe in the importance of healing justice and collective care. Their continued investment helps us deepen our impact, strengthen our offerings, and remain responsive to the needs of our communities.

Corporate Partners

Monkey Paws Studio * Church & Dwight Co * Hims & Hers * Lululemon *
MTV * Paramount * SolidCore

Foundational Support

Ackerman Foundation * Marin Community Foundation * Pinterest * Ford
Foundation * California Community Foundation * Borealis Philanthropy *
MetLife Foundation * Satterberg Foundation * Silicon Valley Community
Foundation * The California Endowment * Tides Foundation * United Health
Foundation * ViiV Healthcare * Women's Foundation of California *
Renaissance Charitable Foundation * National Philanthropic Trust

BEAM

INVEST IN BLACK HEALING!

DONATE



BEAM