



**As we head toward the Renaissance Center's Platinum Anniversary, TODAY – twenty days before the celebration weekend – we introduce you to 20 Platinum Moments – Inspiration and Information BECAUSE WE CARE!**

1. **June 21<sup>st</sup>** Hey, Black America! Addressing Mental Health in the Black Community  
<https://www.youtube.com/watch?v=cDwpQoKSinE>
2. **June 22<sup>nd</sup>** Black Mental Health in America: Redefining Resilience  
<https://www.youtube.com/watch?v=oHYpxsIMxu8>
3. **June 23<sup>rd</sup>** Why Taraji P. Henson Values Mental Health Awareness  
<https://youtu.be/yEaV1If18RI>
4. **June 24<sup>th</sup>** Black People & Mental Health: <https://youtu.be/ymUmUbPYS8s>
5. **June 25<sup>th</sup>** Why Mindfulness Is a Superpower: An Animation:  
<https://youtu.be/w6T02g5hnT4>
6. **June 26<sup>th</sup>** NBC news op-ed/ I'm a Black Therapist and this is why neglecting your mental health could be lethal: <https://youtu.be/2VeorxKX3Vs>
7. **June 27<sup>th</sup>** This is Frank: [649\) 60 Second Skills: Wise Mind ACCEPTS - YouTube](https://youtu.be/64960SecondSkills)
8. **June 28<sup>th</sup>** Brene Brown Empathy vs Sympathy: <https://youtu.be/KZBTYViDPIQ>
9. **June 28<sup>th</sup>** Live in Love with Yogi (Black Yoga): <https://youtu.be/88xS-e0-uPU>
10. **June 29<sup>th</sup>** \*\*\*\*\* Protecting the Mental Health of Black Children and Youth:  
Resources for Parents \*\*\*\*\*  
<https://youtu.be/CFhIXEwUrMc>

11. **June 30<sup>th</sup>** Progressive Muscle Relaxation for Kids: <https://youtu.be/cDKyRpW-Yuc>
12. **July 1<sup>st</sup>** How Grief Affects Your Brain And What To Do About It | Better | NBC News  
<https://youtu.be/eEcaUhxAH2g>
13. **July 2<sup>nd</sup>** Brene Brown – Self Compassion: <https://youtu.be/-kfUE41-JFw>
14. **July 3<sup>rd</sup>** Being Kinder to Yourself: <https://youtu.be/AyQdeYjXUhE>
15. **July 4<sup>th</sup>** You Are Not Your Thoughts: <https://youtu.be/0QXmmP4psbA>
16. **July 5<sup>th</sup>** \*\*\* Feeling Down: Simple Ways to Improve Your Mood \*\*\*  
<https://youtu.be/3Y1CsXfeoDM>
17. **July 6<sup>th</sup>** How Do You Help a Grieving Friend: <https://youtu.be/l2zLCCRT-nE>
18. **July 7<sup>th</sup>** 10 Mental Illness Signs You Should Not Ignore:  
<https://youtu.be/9B-wTp2PZH8>
19. **July 8<sup>th</sup>** Everyday Mindfulness:  
<https://www.youtube.com/watch?v=QTsUEOUaWpY>
20. **July 9<sup>th</sup>** [https://www.youtube.com/watch?v=\\_gJ5V525SCK](https://www.youtube.com/watch?v=_gJ5V525SCK) Tips for Better Mental Health: <https://www.youtube.com/watch?v=agPsqRDNS3g>