



Sista Afya

COMMUNITY MENTAL WELLNESS

WHO WE ARE

Sista Afya is a social enterprise that provides low-cost mental wellness care that centers the experiences of Black women. We have a community support approach to mental wellness. We believe that community support for people living with mental health conditions can foster healing, growth, freedom, and self-actualization. Since 2017, we've served over 1000 Black women through our innovative and community-driven programs.



WHO WE SERVE

We primarily serve young adult Black women between the ages of 18-35 in the Chicagoland area. We secondarily serve women who are older than 35. In addition to our in-person services, we connect with women across the U.S. online through social media and our website.

Check out our services at:
www.sistaafya.com/services

OUTREACH AREAS

We serve women across the Chicagoland area and abroad. We focus our efforts in the neighborhoods below:

Woodlawn, Hyde Park, Englewood, South Shore, Bronzeville, Washington Park, Chatham.

WHAT WE DO

- Mental Wellness Support Groups.
- Individual & Group Therapy.
- Social Community Events.
- Community Education Workshops.
- Holistic Healing Classes.
- Resource Information Sharing.
- Community Outreach.
- Mental Wellness Merchandise.

CONSUMER EXPERIENCE

4.7 out of 5

Overall consumer satisfaction rating of our services.

100%

Of Sista Afya's consumers would recommend our services to a friend.

*30% of consumers evaluated.

FOLLOW US ON SOCIAL MEDIA!



@SISTAAFYA