



Restoration for All, Inc.

Be Restored, Be Empowered



Elevating Voices, Expanding Access

Community Interventions Driving Mental Health Data & Transformation

Across the African diaspora, community remains our most powerful resource. Yet, too often, the voices within our communities are overlooked in shaping mental health systems.

This year's African Mental Health Summit centers the lived experiences, stories, and strategies of African immigrants, refugees, and asylum seekers to drive meaningful change.

We're spotlighting **trailblazers who transform grassroots wisdom into scalable systems change.**

Together, we will explore how **data rooted in culture and dignity** can inform funding, shape programming, and transform care, locally and globally.

[Get Tickets Here!](#)



KEYNOTE SPEAKER

Kingsley U. Chigbu

Ph.D., CFNIP, LICSW

11TH AFRICAN

Mental Health Summit

This summit will spotlight trailblazers who translate grassroots wisdom into scalable systems change.

Jul 11, 2025
9:00 AM - 4:30 PM

Heritage Center of Brooklyn Center,
6155 Earle Brown Dr, Brooklyn
Center, MN 55430

Scholarships Available

Interested individuals can email africanmentalhealthsummit@gmail.com to learn more.

Click Here to Email

Pre-Conference Trainings 2025

This year's summit includes Pre-Conference Trainings on July 9th and 10th, an opportunity for skill-building and deeper engagement.

Embassy Suites by Hilton Minneapolis North
6300 Earle Brown Drive, Brooklyn Center, MN 55430



Breaking the Cycle: Understanding Addiction, Gambling, & Mental Health

July 9th | 11:00 AM – 2:00 PM

Attendees will be introduced to key screening tools used to assess gambling behaviors and substance use issues, including:

- Lie/Bet Questionnaire
- Brief Biosocial Gambling Screen (BBGS)
- South Oaks Gambling Screen (SOGS)

This will be an informal overview of addictive substances, how addiction develops, resources for intervention and support.

[Learn More](#)



Changing the Narrative on Mental Health & Suicide

July 10th | 9:00 AM – 3:00 PM

Mental health and suicide are sensitive topics that deserve intentional, respectful dialogue.

This facilitator training will help you develop skills to guide meaningful conversations, learn how language influences stigma, and effectively promote mental wellness.

You'll leave prepared to deliver *Changing the Narrative* sessions in your own community.

[Register Here](#)

Volunteer with us!

Volunteers can help with registration and check-in, support during sessions, technology support, vendor assistance, and general floater. Volunteers can register for pre-conference training.

[Register Here](#)



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