

A REAL MAN'S EDUCATION

CMHA's Sixth Annual "Brother to Brother" Event

On Friday, June 11, 2010, CMHA hosted nearly 200 people at the Langston Hughes Center for the annual "Brother to Brother" Health and Wellness Rap Session. This event focuses on the men of CMHA in an effort to give younger males a complete education that encompasses their mind, body, and spirit.

The keynote speaker this year was CMHA CEO George Phillips-Olivier. He encouraged them to continue to mentor and be role models for young people. Other remarks were made by Melfert Shaw, Executive Board Member of the Progressive Action Counsel, Doris V. Jones, Vice Chairperson of the CMHA Board of Commissioners, and Jeffery K. Patterson, CMHA Chief of Staff and Operations. Following the remarks were a series of "Breakout Sessions" where the men of CMHA could participate in seminars dealing with physical wellness and mental health.

These "Breakout Sessions" help the young men connect with older generations and learn how to become "Real Men of CMHA" as the volunteers' shirts proclaimed. One of the lessons offered by Phillips-Olivier was that "success is measured by how they use it" in their homes and communities. He also called the older men of CMHA to action with: "You may be retired, but your work here is not done. These young people are counting on you to step up and be their mentors and role models."