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## Village Impact



As we step into Spring, we reflect on the journey we've shared at ITAVCollab. With Spring's arrival, we're reminded of the seeds we've sown and nurtured throughout our **5 years of service**. It's a privilege to celebrate this milestone with you as we continue to **grow, empower, and heal as a community**. In our 5th year, we're thrilled to expand our reach and deepen our impact. We're honored to now serve **women, men, and youth**, offering a diverse range of events, experiences, and community cohorts designed to support individuals on their

[holistic wellness journeys.](#)

As we embrace the changing seasons, we invite you to pause and reflect on your wellness practices.

- *What healthy habits do you wish to cultivate?*
- *What brings you joy, and how can you incorporate more of it into your life?*
- *What energy boosters do you need to thrive?*

Remember, self-care evolves with the seasons, and we're here to support you every step of the way.

Join us as we enter this season of **BLOOM**, filled with growth, community, and transformation. We can't wait to reconnect with you and continue this journey together.

## Program Updates



### Women's Wellness

At the beginning of this year, we successfully launched our [Queen Bee Talks](#) seasonal check-ins where we're embracing intentional living and community engagement. We'll be hosting quarterly one-hour virtual check-ins for our Queen

B.E.Es to gather, fostering connection, accountability, and the reinforcement of our commitments to personal growth and community involvement.

During the first check-in-themed "[Spring- The Season of Renewal](#)" we embarked on a journey of self-reflection and empowerment, exploring the significance of aligning our lifestyle practices with the essence of spring - a time of rejuvenation and growth. This April we also hosted our in-person "[Spring into Wellness](#)" QBT session. It was a meaningful event that provided us with an opportunity to reaffirm ourselves during this season of renewal. Through intentional energy and physical practice led by Yoga instructor Shaiday Dancy, we embraced the spirit of wellness.

Initiatives like Queen Bee Talks contribute to fostering a culture of empowerment and collective flourishing. We extend our heartfelt gratitude to each of you for actively participating and contributing to our Queen Bee Talks series. Let's continue to inspire and uplift one another as we journey towards holistic wellness together this year.

[Learn More](#)

## **Men's Wellness**



It is that time of the year again where we hold space for our black men to ROAR! In March we came together for our 1st check-in of the year. Utilizing this space we were able to catch up reflect and deposit some amazing information and ideas. Primarily our resolve to be more disciplined and committed to doing the self work! The brothers were all adamant about building upon the work we launched in our 1st season of [Kings R.O.A.R](#) last year. So in our tradition of serving our brothers from a holistic paradigm we will have a packed schedule this year that revolves around the mind, body, and spirit!

Stay tuned village and share this information with a Brother in your life.

[Learn More](#)

# Village Voices Blog

**\*New Blog Alert\***



**[Celebrating Five Years of Impact:](#)**

**[Reflections from Our Board Members](#)**

As It Takes a Village Collaborative commemorates its 5th year of empowering communities, we are delighted to share insights from our dedicated [board members](#). Through their experiences, we gain a deeper understanding of ITAVCollab's mission and the significance of holistic health within our communities.

[Read More Now](#)

TOPIC  
REMEMBERING THE ME IN MOMMY  
(IN PERSON)  
**SATURDAY, MAY 4 @ 2-4pm EST**



JOIN US FOR A CONVERSATION ON  
CENTERING SELF IN MOTHERHOOD

**LOCATION:**

CAROLINA KITCHEN  
6501 AMERICA BLVD  
HYATTSVILLE, MD



#QUEENB.E.ETALKS

## Upcoming Events

**Queen BEE Talks** sessions are approaching fast and we don't want you to miss them.

Our third Queen BEE Talks "[Remembering the Me in Mommy](#)" will be on Saturday, May 4 at 2PM.

RSVP Now

# Kings R.O.A.R 2024

THE BEST HOOD -FATHERHOOD (IN-PERSON)

WHEN: FRI. JUNE 7, 6-8 PM

ALIGNING MASCULINITY WITH SPIRITUALITY (IN-PERSON)

WHEN: SAT. JULY 20, 12-2 PM

OVERCOMING "OBSTACLES" THROUGH PHYSICAL WELLNESS (IN-PERSON)

WHEN: SAT. SEPTEMBER 21, 12-2 PM

GOING WITHIN FOR MENTAL WELL-BEING (IN-PERSON)

WHEN: SAT. NOVEMBER 2, 12-2 PM

# SAVE THE DATE



—  
*Mark your calendars,  
More Info to come .*

**Kings R.O.A.R** sessions are approaching fast and we heard you! We will be having more in person events!

**Join us in June!**

## **Become A Monthly Giver**



As a proud member of our village, you understand the value of our community, and we warmly invite you to contribute to the overall well-being of our village throughout the year. Your support, with a monthly commitment as **affordable as \$10**, helps us thrive together.

[Donate](#)

**It Takes A Village Collaborative**

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United States of America



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