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| |  | | --- | | SoGal Foundation's [Build Without Burnout Cohort](https://sogalfoundation.typeform.com/to/UZKcFO)for Black Entrepreneurs & Senior Startup Operators: next cohort application deadline is June 15.  [Kai Avent-deLeon on the Sheer Exhaustion of Being a Black Small Business Owner in America](https://www.thehelm.co/kai-avent-deleon-sincerley-tommy-founder-black-small-business-owner-interview?utm_campaign=Black%20Lives%20Matter%20%28Y9Cj9K%29&utm_medium=email&utm_source=Content%20Newsletters&_ke=eyJrbF9lbWFpbCI6ICJlbGxpZS5wZXJlbG1hbkBnbWFpbC5jb20iLCAia2xfY29tcGFueV9pZCI6ICJIQURZblcifQ%3D%3D): written by the founder of [Sincerely Tommy](https://sincerelytommy.com/).  [HBCUvc’s Digital Care Package](https://www.hbcuathome.com/digital-care-package): curated financial, educational and other recourses for Black, Indigenous and Latinx innovators.  [“In The Name of Freedom” Free Black Healing Gathering](https://www.instagram.com/ethelsclub/): hosted by [Ethel’s Club](https://www.ethelsclub.com/) on June 19, 2020 at 6 PM ET.  [Brown Girl Self Care x Sisterhood Sunday Check-Ins](https://us02web.zoom.us/meeting/register/tZYude-qrzsiHtxj8uTU6noZIQACF1H71mnR): free event on Sunday, June 7, 2020 at 2PM PT.  [Balanced Black Girl’s Community Healing Resource Guide](https://docs.google.com/spreadsheets/d/1li8FRUNFoVuJ2-UtSw3gyxLTM4ObcXD-W1R-X0EQCUU/edit#gid=1302291049): a Google Spreadsheet with self-care and mental health resources.  [Breathwork for Grief, Rage and Liberation Event](https://www.brittanydiorwilson.com/shop/breathworkforgriefragebipoc): donation-based event hosted by Brittany Dior Wilson on June 6, 2020 at 12:30 PM PT.  [Self-Care Tips for Black People Who Are Struggling With This Very Painful Week](https://www.vice.com/en_us/article/g5pgmq/self-care-tips-for-black-people-struggling-from-painful-week?utm_campaign=later-linkinbio-vicelife&utm_content=later-7475061&utm_medium=social&utm_source=instagram): an article by Rachel Miller for Vice. | |

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