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MENTAL HEALTH BARBER TRAINING, INTERVIEW AND PHOTO OP

UCare and Kente Circle bring America’s First Mental Health Barbershop Movement to South Minneapolis

Confess Project trainers empower barbers and hair stylists to be mental health advocates for Black men, boys and their families

WHAT: Confess Project mental health training in principles of active listening, compassion, advocacy and peer support. Opening remarks from UCare CEO Hilary Marden-Resnik, Kente Project CEO Larry Tucker, Minneapolis City Council President Andrea Jenkins. Includes mental health community partners and resource tables, Global Barber Educator demonstration, swag bags, refreshments, networking and Barber Ambassadors ceremony. The first 100 barbers and stylists receive a \$100 stipend. Sponsored by [UCare](#) and [Kente Circle](#). Masks required.

WHY: A mental health storm is brewing in American – particularly in the Black/African American community. In response, leaders at UCare and Kente Circle seek to heal the pain and make it okay to discuss mental health issues with trusted barbers and stylists. The Confess Project – America’s First Mental Health Barbershop Movement – empowers frontline heroes and sheroes in our local communities to support their clients’ mental health and substance use disorder needs.

The barbershop or hair salon is often a safe place for clients to discuss their concerns and needs. Armed with the Confess Project training, barbers and stylists will be able to say: “I am more than a pair of clippers. I am improving my community through the barber chair one client at a time.”

WHERE: Sabathini Community Center
310 E 38th St, second floor banquet hall
Minneapolis, MN 55409
FREE registration at <https://www.eventbrite.com/e/the-confess-project-training-tickets-363000874387>

WHEN: **Monday, July 25, 1 - 4 pm**

About UCare

UCare (www.ucare.org) is an independent, nonprofit health plan providing health care and administrative services to more than 630,000 members in Minnesota and western Wisconsin. UCare partners with health care providers, counties and community organizations to create and deliver innovative Medicare and Medicaid programs, and plans for Minnesotans shopping on MNSure.

About Kente Circle

Kente Circle, LLC (Kente) is a mental health agency specializing in providing individual, couples, family, and group therapy to clientele living in Minneapolis, MN and its surrounding communities. Kente was founded by Larry G. Tucker, LMFT, and J. Phillip Rosier, LMFT, in 2004. It is currently led by Tucker and a clinically diverse staff with professional training in marriage and family therapy, psychology and social work. Their culturally and ethnically diverse staff have over 80 years' combined experience working in social services.

About Confess Project

The Confess Project is a leading voice in mental health advocacy committed to changing the narrative of mental health for young men of color and their families. The organization received the American Psychiatric Association Foundation award "Pioneer for Advancing Minority Mental Health" award in 2019. Their team of public health experts, therapists, and education professionals is continually innovating programs to respond to community needs. They train barbers to become mental health advocates around the country, and also work with city governments, universities, and organizations to highlight how mental health intersects with police brutality, LGBTQ+ issues, gender inequality and more.

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CALLING ALL MINNESOTA BARBERS & HAIRSTYLISTS!

First 100 registered will receive a stipend!

1,400+ Barbers & Stylists Trained!

Join TCP in partnership with UCare & Kente Circle to train more barbers & hairstylists to be Mental Health Advocates!

