

# San Diegans Gather for Spoken Word & Mental Health Awareness

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Contributing Writer

Over 150 people including the San Diego community came together Sunday, February 27 for the Let the Poets Speak event, an annual event and fundraiser for the San Diego Association of Black Psychologists (ABPsi). The event is typically held in February with the goal of connecting artists, small businesses, and helping professionals to promote wellness in the community. This year, the collaborators included: the

San Diego Psychological Association, the Center for Intercultural Relations (CIR), Harold K. Brown Knowledge, Education and Empowerment Program (KEEP), Association of Black Psychologists, SDSU Black Renaissance, Counseling and Psychological Services(C&PS), San Diego Mesa College Black Studies Department and the Committee for Diversity Action, Inclusion and Equity (CDAIE), Sharp Rees-Stealy, Alvarado Parkway Institute Behavioral Health Center, and the SDSU Black Resource Center,

where the event was held.

The intent was to give local artists, businesses and students the opportunity to see themselves on a big stage for two important causes: Mental Health awareness and the celebration of Black History Month. The Krispy Boyz brought their fried chicken, waffles and street tacos to provide guests with delicious food options. They offered soul food with many flavored combinations that had the guests going back for more. Chef Geannie from the Tropical Vegan Cafe also catered

the event with tasty yet guilt-free plant-based options.

The event's MC was Shawn Moore who also hosts Neo-Soul Tuesdays at Phantom Lounge and Nightclub. Throughout the evening, Moore introduced the featured artists such as Nick Martin, Rev. Alyce Smith-Cooper, Kendrick Dial, and Tha Speakerboxx, to name just a few. Artists shared their creative

talents with the community through poetry, storytelling, and singing.

Efe Umukoro, a SDSU graduating senior said, "Each of the performances at [the] Let the Poets Speak event was so powerful and timely. And the Krispy Boyz chicken did NOT disappoint!"



Kendrick Dial



Krispy Boyz



Nick Martin

