

FREE TRAININGS THRU JUNE 2023!

CFIRE2019@GMAIL.COM



Courageous Fire LLC

Change the Narrative

COM

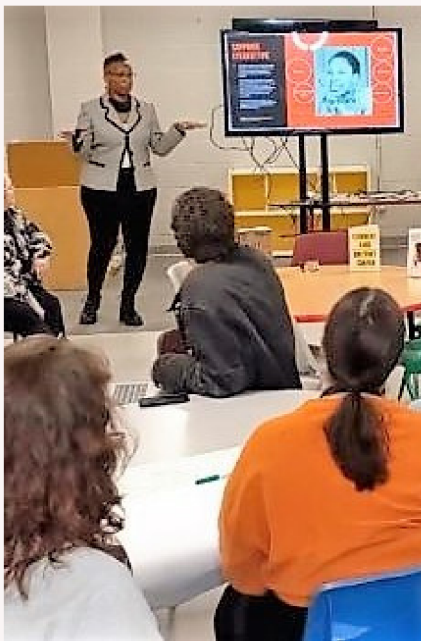
Centers of Must
Training
2.5 hour minimum
Baseline training for
your mainstream org
to create safe spaces
for Black women

COT

Centers of Trust
Training
2.5 hour minimum
Baseline training for
your Black-owned org
or church to
understand needs of
Black women you
already serve

SELF-CARE

Self-Care for
Advocates Training
2.5 hour minimum
Baseline training to
teach you how to
incorporate self-care
into your professional
and personal life in
ways that WORK in
real life



EMAIL/TEXT TO CHOOSE REMAINING DATES
- THEY'RE GOING FAST!

515-428-0077/ cfire2019@gmail.com