Hello Friends,

The first Earth Day was April 22, 1970 — when environmentalists came together to raise awareness for issues and unite separate groups that had been fighting separate but interconnected battles over oil spills, pollution, sewage, toxic waste, pesticides, land degradation, and otherwise. That day — also Arbor Day, a celebration of tree planting that began in Nebraska — an estimated 20 million Americans took to the streets to demonstrate for our planet. As you’re enjoying the spring weather, the flowers, the bees and the birds, keep those activists and our planet in mind.
There is so much happening right now: fighting in the Ukraine, increased gun violence, inflation and an economy that’s actually working for so few of us, police brutality, polarized politics, attacks on the rights of women and the LGBTQ community, the ongoing pandemic. It’s not easy. But nature can help. And getting outside can help.

**Taking care of yourself is so important.** But so much of it — especially mental health and therapy — takes time and research and money. Here are some resources that might help. Mental health apps are a good place to start — they’re accessible and they can be less expensive. Here are some of the best. That said, apps are never one-size-fits-all, so we also suggest this list of Black-owned and -operated apps that can help with the unique traumas our Black brothers and sisters endure. Finally, check out this list of resources that can help BIPOC folks track down the help they need to access therapy, which for so many is out of reach.

Smell a flower, friends. Maybe plant a tree. And, please, show up for yourself and stay well.

Now, read on for some happenings from the MSC ecosystem:

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**Witness Our Humanity**
Join our partners, After Incarceration, on April 14 at 6:30pm EST, for a panel discussion and exclusive access (through April 18) to a virtual screening of award winning film *Since I Been Down*, a dope new documentary about prisoners breaking free from their fate, transforming lives, repairing relationships, and restoring humanity. Register here.

**Support Safety, Celebrate Climate Leaders**
Join MSC, EARTHSeed, and 56 other organizations and businesses that have signed an open letter by North Bay Jobs for Justice in support of a local, formal wildfire evacuation zone policy for farmworkers in Sonoma County. Sign the letter and learn more here. And, speaking of EARTHSeed, we are proud to congratulate Pandora Thomas (right) for being recognized as one of 50 emerging leaders in climate, equity, and sustainability for teaching permaculture design and facilitating climate-resilient community planning — as nominated by Grist readers. Get to know all 50 here.

**Leadership Showcase**
Shelectricity (a program from MSN member the Big Way) is inviting youths ages 14 to 21 to submit a proposal for a five to ten minute piece, performance, or speech for a youth showcase on May 28. Youths featured in the showcase will receive a gift for their time and in appreciation of their work in the community. Share this with anyone you think may be interested or to
A Conversation You Won't Want to Miss
Professor Nikole Hannah-Jones (right), Pulitzer Prize winning creator of the 1619 Project, will join CalEndow Live on April 27 to discuss her life and career investigating racial inequality and injustice. Hannah-Jones will discuss the project and backlash that followed. She will also share stories about her work to help educate the next generation of Black reporters at Howard University and describe her vision for the future of journalism. The event is free, closed captioning and Spanish translation is available. Learn more here.

Help Wanted! Ceres, a corporate sustainability nonprofit organization working to transform our global economy to build a just future for people and the planet, is seeking consultants to assist in the areas of narrative strategy and strategic communications, anti-racist community partnership training and support, and public policy evaluation and strategic planning. The deadline is rolling until positions are filled — apply today!

PS — A shout out to a dear member of our Beloved Community and founder of CTZNWELL, Kerri Kelly, on the upcoming release of her book American Detox, the Myth of Wellness and How We Can Truly Heal. Hailed as “a blueprint of collective wellness” by Sikh activist Valarie Kaur, it explores what it means to be well in a toxic world. Reserve your copy and join the book club today!

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