



Mental Health & Wellness for Real Women, Real Lives



Walk In, Systagyrl!

I'm so glad you're here! I want to welcome you to the official launch of the *My Systagyrl* newsletter – your new go-to-space for sisterhood, strength, and soul-care. Whether you're rocking your sneakers in style, showing up for your Systagyrls, or taking a moment to pour back into yourself, this newsletter is all about YOU.

Each month, we'll bring you fresh inspiration, event highlights, wellness wisdom, mental health check-ins, and real talk to keep our community empowered and connected. Because here at My Systagyrl, we believe that showing up for each other is sacred, and **showing up for ourselves is powerful.**

We're so glad you're here. Thank you for being part of a movement that celebrates friendship, faith, and fierce love.

**You can count on Me.
I can count on You.
That's what Systagyrls Do!**

*with love,
Tammi Antonia*

What's Poppin' in This Issue:

Walk In, Systagyrl!

Real Talk
(Mission)

Visionary Vibes
(Vision)

Heartbeat of the Brand
(Our Why)

Respect the Code
(Core Values)

Stay in the Know!

With Heart & Sisterhood

Mission ~ Vision ~ Why ~ Values



****Real Talk: Our Mission****

To empower, support, and nurture the mental, emotional, and spiritual wellness of Black women through community-based healing, culturally relevant programs, and meaningful sisterhood.

****Visionary Vibes: Our Vision****

To become the “*go-to hub*” for mental health and wellness resources specifically tailored for Black women, fostering connection through faith, fun, vulnerability, and empowerment.

****Heartbeat of the Brand: Our Why****

Because every woman deserves a circle that sees, hears, and lifts her up through life’s transitions. *My Systagyrl* exists to be that safe, vibrant, and purpose-fueled spaced.

****Respect the Code: Our Values****

Sisterhood

Cultural Identity & Empowerment

Mental Health Advocacy

Faith & Inner Strength

Authenticity

Joy & Celebration

My Systagyrl



mental health and wellness

My Systagyrl

Stay in the Know

Membership Gala: Count On Me “Sneakers Gala”

~ **Tickets On Sale Now** ~
\$75.00 (Systagyrl)
\$125.00 (Systagyrl VIP)

Date: August 3, 2025

Location:

900 Via Piemonte
Ontario, CA 91764

CashApp:

[https://cash.app/\\$mysystagyrl14](https://cash.app/$mysystagyrl14)

Zelle: geminiibeads@gmail.com

PayPal: @mysystagyrl

Next Meeting:



Follow Us:



@mysystagyrlfoundation



My Systagyrl Empowers



Journaling:

“What Friendship Means to Me”

Bring your favorite journal and come ready with your writings to reflect and share as we explore the power of Friendship and what it looks like to be a *Systagyrl* someone can count on. There'll be a time for breakout sharing and inspiration!

Date: August 13, 2025

Time: 6:00pm PST

Location: Zoom

ID: 609 156 8544

PW: 674755

Email: mysystagyrl@gmail.com



With Heart & Sisterhood

Thank you for being part of the ***My Systagyrl*** circle – where love, loyalty, and laughter live! Your voice matters, your story inspires, and your support strengthens our sisterhood.

If you have ideas, stories, photos, or shout-outs you'd like to share in an upcoming issue, we'd love to hear from you. Every contribution helps keep our community vibrant and connected.

Let's continue to count on each other – because together, we shine brighter.

***Until next time, stay bold,
stay beautiful, and stay you.***

the My Systagyrl Team

My Systagyrl



mental health and wellness