



BURN THE CAPE SUPPORT GROUP FOR BLACK WOMEN

The Burn the Cape Initiative is a FREE 10-week support group created by Dr. Raquel Martin, a licensed clinical psychologist and expert in burnout, Black mental health, and identity development. This group is specifically designed by a Black woman for Black women to address themes that contribute to health disparities and poor well-being in Black women. It provides a space to process resistance fatigue, weathering, and the burden of stereotypes while fostering personal empowerment and identity reclamation.

WHY “BURN THE CAPE”?

The name symbolizes shedding the ‘superwoman’ cape that Black women are often expected to wear—pushing beyond societal pressure to prioritize resilience over well-being. Burn the Cape is a call for Black women to embrace rest, reclaim their freedom, and honor their humanity.



WHAT PARTICIPANTS WILL EXPERIENCE:

- **Weekly Guided Sessions:** Led by Black women that are licensed mental health professionals
- **Custom Materials:** Includes printed workbooks, activities, and affirmations tailored for self-exploration and growth.
- **Holistic Support:** Care packages designed to provide tangible, continued encouragement throughout the program.
- **Community Connection:** A supportive space for shared experiences and building resilience.

CURRICULUM THEMES:

Resistance Fatigue

Weathering

Black Identity Development

Advocating for Oneself in Healthcare

Self-Compassion

Self-Care

Burnout Prevention

Reclaiming Personal Power

Resilience Building

THIS ISN'T JUST A GROUP—IT'S A MOVEMENT:

Burn the Cape is more than just a support group. It's a movement aimed at challenging the systemic and cultural factors that impact the well-being of Black women, empowering them to rise above societal pressures and health disparities with strength and solidarity.

Learn more at <https://www.raquelmartinphd.com/burnthecape>



SUPPORT AND SPONSORSHIP OPPORTUNITIES:

- Contributions support clinician stipends, custom care packages for participants, and the development of educational materials that accompany each session.
- Sponsorship ensures accessibility and equitable compensation for mental health professionals facilitating the group.

HOW YOU CAN HELP:

Burn the Cape is a donation-based initiative. Your support helps sustain the program, fund clinician stipends, and provide essential materials and care packages to participants. Every contribution, big or small, makes a meaningful impact in continuing this vital work. Press Coverage and Sharing: Amplifying our message through press and social media shares is invaluable. By spreading the word, you help increase awareness, reach potential participants, and inspire further community support.

To Donate or Sponsor, please visit our [GoFundMe](#) page or contact us at admin@raquelmartinphd.com

INTERESTED IN PARTICIPATING?

- Secure your spot by sending an email to admin@raquelmartinphd.com



JOIN OR COLLABORATE:

- Interested in bringing this powerful program to light through media? Dr. Martin is available for interviews and discussions to spread awareness, foster meaningful conversations, and garner donations for this initiative
- For inquiries or to schedule an interview, contact Dr. Raquel Martin via email at admin@raquelmartinphd.com or visit www.raquelmartinphd.com

BE PART OF THE MOVEMENT:

Supporting the Burn the Cape program means advocating for the mental health and empowerment of Black women everywhere. Help amplify this essential dialogue.

