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Missouri Black Maternal Health Summit Returns for Two Transformative Days, Featuring a Collective Rest & Daydreaming Experience Led by The Nap Bishop, Tricia Hersey

Shafia Monroe, Michelle Browder, and Tricia Hersey to Headline the 2nd Annual Missouri Black Maternal Health Summit in Jefferson City

Jefferson City, MO – February 12, 2025 – The Missouri Community Doula Council and Jamaa Birth Village are honored to announce the 2nd Annual Missouri Black Maternal Health Summit & Black Maternal Health Collective Rest & Daydream Experience, April 16-17, 2025, at Lincoln University a HBCU and the Missouri State Capitol.

This two-day summit will convene parents, maternal health practitioners, birth workers, policymakers, and advocates to forward Black maternal health justice, policy transformation, and sustainable community care. The summit includes dynamic keynote speakers, interactive workshops, and advocacy actions dedicated to tackling birth outcomes, elevating Black maternal health workers, and reclaiming rest as an act of revolutionary liberation.

Day 1: Advocacy, History, and Action

The conference will begin with a dynamic keynote presentation by Shafia Monroe, a trailblazing midwife, doula educator, and birth justice pioneer, on "*Birthing Liberation: Honoring Tradition, Restoring Power, and Transforming Black Maternal Health.*"

Following the keynote, attendees will take part in:

- Guided tour of the Anarcha, Lucy, Betsey interactive exhibit with special guest speaker Michelle Browder, visionary artist of the Mothers of Gynecology Monument. Browder will facilitate a discussion of "Reclaiming the Mothers of Gynecology: Truth, Justice & the Future of Black Maternal Health."
- Panel discussions and breakout sessions on policy advocacy, mental health, cultural birth traditions, and workforce development for Black doulas and midwives.
- A high-energy Black Maternal Health Pep Rally at the Missouri State Capitol, rounded out by legislator meetings to advocate for policy changes in maternal health on a systemic level.
- Dinner & The Black Maternal Health Show Production – A celebration of Black birth workers, midwives, doulas, and caregivers through performance, storytelling, and community gathering.

Day 2: Black Maternal Health – A Collective Rest & Daydream Experience

Day two of the summit will be devoted to The Black Maternal Health Collective Rest & Daydream Experience, under the guidance of Tricia Hersey, The Nap Bishop. A multidisciplinary artist, theologian, and founder of The Nap Ministry, Tricia has facilitated the worldwide practice of "rest as resistance" and "rest as reparations." Hersey's work is embedded in Black radical theory, Afrofuturism, liberation theology, as well as somatic healing traditions of rest and restoration.

Hersey will lead a signature "Collective Nap & Daydreaming Experience", an interactive installation of rest that will:

- Create a sacred space for the community to rest and dream together.
- Offer a rest altar, healing musical soundtrack, poetic meditations, and guided naps.
- Facilitate a post-nap discussion and reflection on rest as a pillar of Black liberation.

This experience will break the cycle of overwork and burn-out put upon Black maternal health workers, parents and caregivers and remind participants that rest is not a luxury, but a requirement for healing and resistance.

Summit participants will also receive a unique Curated Black Maternal Health Rest Box to aid them in their path towards sustainable rest and self-care.

A Call to Action: Join the Movement

This summit is more than an event—it is a movement to demand birth justice, advance policy, and center rest as a radical tool for transformation.

Location: Lincoln University & Missouri State Capitol, Jefferson City, MO

Dates: April 16-17, 2025

Register Now: www.moblackmaternalhealthsummit.com

For media inquiries, sponsorship opportunities, or additional details, please contact Erica Dickson at contact@missouricommunitydoulacouncil.com.

About the Missouri Community Doula Council

The Missouri Community Doula Council is committed to improving Black maternal health outcomes by supporting doulas, midwives, and community-based birth workers. Through training, education, advocacy, and grassroots initiatives, the council works to advance culturally attuned, holistic maternal health care across Missouri and beyond.