

## WELCOME TO OUR Monthly Newsletter



#### AZIZZA SAYS

Greetings, Partners, Members, Supporters, and Friends. My guess is that many of you are grappling with the idea that almost half of 2023 is gone, and many of us likely feel that we've just been too busy to pay attention to the fact that time is no longer creeping up on us but is just here...now! When we realize where we are and where we thought we'd be in this construct we call time, we often feel we're not where we thought or planned to be and find ourselves in a space that can play badly in our minds.

I bring this to your attention because it is not only May but also Mental Health Awareness Month, and it hasn't been that long since we have allowed ourselves to say out loud that mental health is real, and we need to acknowledge that reality.

At this point in our conversation, you may ask what that has to do with starting, building, or growing your own small businesses. It could have much to do with your success or initial failures to get your business where you want it to be.

Your commitment to doing so will demand countless hours of work for which you're not paid because you have no real income. Another likely scenario is that you've not let go of your day job because you feel you have to see if your dream will become a reality before you feel strong enough to let go of that steady income. The strain of either of these scenarios can become mentally debilitating. Your work hours are long; you see no return on your initial investments for a very long time. All the while, the requirements of building a business can easily begin to wear down your mental health. It is nothing to be ashamed of or be denied. Your business cannot thrive if your physical and mental health are not up to supporting your efforts toward the success you envision.

The SBCC will make this our topic of discussion on our LinkedIn SBCC live show this month hosted by Chris Thomas, Anchor for ABC 10 News, who will ask the hard questions and deliver sound suggestions on how to take care of yourself AND your business successfully. He will be discussing this topic with an expert in the field who is a member of the Sacramento Black Chamber of Commerce, Mr. George Washington, owner of Life Cycles Coaching & Therapy. We hope that you will tune in to LinkedIn's SBCC Live on May 25 at 4 pm. For more information or direction to other SBCC members that focus on mental health issues, please reach out to us for support and connections. Please don't look away. Your mind really matters!

Until next month, stay strong, stay safe, and stay focused!

### Welcome the New and Renewing Members

#### **NEW MEMBERS**

JUST TRIND PRODUCTIONS Stamps Family BBQ DBA: Total Health Sacto Window Coverings

#### RENEWING MEMBERS

Lee & Sakai LLC **Revolutions** Naturopathic Golden I Credit Union Guest Brown Impact Sutter Health Valley Area Comcast

City of Sacramento, Innovation and Economic Development

WE ARE EXCITED TO HAVE YOU BECOME A MEMBER AND RENEW YOUR MEMBERSHIP!

# Register before time runs out!

## **IT'S CELEBRATION TIME!**

Join us on May 23 from 5:30-7:30 PM at the Harper Alumni Center to celebrate the 14th cohort of Young Leaders. <u>Register Now!</u>



YOUNG LEADERSH COLLABORATIVE SACRAMENTO BLACK CHAMBER OF COMMERCE FOUNDATION PRESENTS aduation JOIN THE SACRAMENTO BLACK CHAMBER OF COMMERCE FOUNDATION TO CELEBRATE THE 14TH COHORT OF THE YOUNG LEADERSHIP TIVE'S **REGISTER TODAY!** 23 5:30-7:30 ΡM MAY Pacific Gas and SMUD **Sutter Health** SACRT Electric Company UCDAVIS SACRAMENTO STATE UCDAVIS STAR BANK HEALTH Black Chamber DGS CALIFORNIA DEPARTMENT OF GENERAL SERVICES KAISER PERMANENTE

# Celebrating 60 Years!!

Congratulations to The Observer for 60 Years of service and community partnerships!

We thank you for your continued partnership with our chamber and with Sacramento, and we look forward to celebrating with you May 15 from 5-7 pm at the Golden I Center! \*

> \*This Event is sold out!

Reception celebrating sixty years of community partnerships

SAVE THE DATE

🔂 Monday, May 15, 2023 Golden 1 Center Light hors d'oeuvres ( 5:00 - 7,00 PM

**REGISTER NOW** 

In partnership with the Sacramento Black Chamber of Commerce and CB Communications





THE 6TH ANNUAL DIVERSITY SUMMIT IS COMING NOVEMBER 16, 2023 AT HILTON SACRAMENTO ARDEN WEST FROM 8:00 - 11:30 AM!



## We're Going Live 5/25

MARK YOUR CALENDARS

This month is Mental Health Awareness Month. We are discussing the importance of mental health and wellbeing in our businesses and brands.

LEARN MORE

# Juneteenth Freedom **Celebration Mixer**

Join the Sacramento Black and Hispanic Chamber of Commerce in the celebration of Juneteenth.

This event will feature networking, food, key speakers, history, and time to gather and reflect

GET YOUR TICKETS



## Happy Asian American & Pacific Islander Heritage Month

JOIN THE SACASIAN CHAMBER'S AAPI NIGHT MARKET ON MAY 19, 2023



Celebrate #AAPIHeritageMonth this May at the AAPI Night Market! On Friday, May 19, the AAPI Night Market will feature 40+ local food and retail vendors, plus live performances from Joyce Wrice, Audrey Nuna, Noodles, and Ru AREYOU. Come experience a night of celebration in Downtown Sacramento. Snag tickets at aapinightmarket.com

## **Upcoming Member Events**



# How to Do Business with SMUD

## DGS Certification Workshop

FREE SMALL BUSINESS CERTIFICATION WORKSHOP

The State of California Department of General Services, in partnership with the National Association for the Advancement of Colored People - Sacramento Branch, is hosting a free small business certification workshop that will provide hands-on technical assistance for the on-the-spot online certification from DGS

#### <u>LEARN MORE</u>



movement for change.

<u>RSVP NOW</u>

#### A FREE CONTRACTING WORKSHOP

Learn how to contract with SMUD and gain valuable tips on the process.

#### REGISTER NOW



## Mother's Day Brunch

CELEBRATE MOM WITH OUR PLACE EVENT SPACE AND KITCHEN

Join the guestlist and get your tickets today

<u>JOIN THE GUESTLIST</u>



The Chamber is looking for an Executive Assistant! WE ARE LOOKING FOR SOMEONE IN THE LOCAL SACRAMENTO AREA THAT HAS SUPERIOR COMMUNICATION, ORGANIZATION, AND CRITICAL THINKING SKILLS.

REVIEW THE JOB

EMAIL YOUR RESUME

