



LENOX HILL NEIGHBORHOOD HOUSE
SINCE 1894

BLACK HISTORY MONTH RESOURCE GUIDE

We asked our "In Our Own Words" speakers poet and writer Javan Howard, writer and essayist Jared Michael Lowe and artist and author Isabel Villarreal to share their list of fellow Black authors and poets for you to add in your reading list as well as mental health resources centered on support, healing and wellness for the Black community.

Javan Howard's Narrative Soul Food Poetry List

- *Doppelgangbanger* by Cortney Lamar Charleston
- *A Fortune For Your Disaster* by Hanif Abdurraqib
- *I Remember Death By Its Proximity To What I Love* by Mahogany L. Browne
- *Salt* by Nayyirah Waheed

Isabel Villarreal's Black Poet List

- *Black Girl, Call Home* by Jasmine Mans
- *Call Us What We Carry* by Amanda Gorman
- *Shadowed Dreams: Women's Poetry of the Harlem Renaissance* edited by Maureen Honey
- *Bleed: Poems* by Aaron Pitre

Jared Michael Lowe's Black Liberation Reading List

- *The Fire Next Time* by James Baldwin
- *Song of Solomon* by Toni Morrison
- *Freedom is a Constant Struggle* by Angela Y. Davis
- *How We Fight for Our Lives* by Saeed Jones
- *The Big Sea* by Langston Hughes
- *How We Stay Free: Notes on a Black Uprising* edited by Christopher R. Rogers, Fajr Muhammad, and the Paul Robeson House & Museum

Isabel Villarreal's Favorite Mental Health Resources

- [Therapy For Black Girls](#)
- [Blackmentalhealth.com](#)
- [Aamhp.com](#) (African American Mental Health Providers Directory)
- [Nqttcn.com](#) (National Queer and Trans Therapists of Color Network)