



Barbara is the Founder and Experi-Mentor at the Momentum Center, a grassroots movement to create a stigma-free community. An award winning speaker and international author, Barbara has 30 years experience in health administration, non-profit administration and interfaith ministry and is passionate in her work with the marginalized.

In 2015, she used that passion to found a new nonprofit that would use Community Conversation to identify needs in the community and be a catalyst for filling those gaps.

In 2017, the Momentum Center for Social Engagement opened its doors and became a brick and mortar location for people to find information about human services and supports throughout the community.

Today, Barbara is working to share the success of the Momentum Center with other communities so that together we can create a society in which every person knows they are a valuable piece of the community puzzle.

# MOMENTUM CENTER

714 Columbus, Grand Haven MI  
[www.MomentumCenterGH.org](http://www.MomentumCenterGH.org)

## *Creating a Stigma-Free Community*

The Momentum Center is a grassroots movement to create a stigma-free community. We do that by:

- operating the Momentum Center for Social Engagement, a social and recreational program for people with mental illness, addictions, and disabilities,
- directing the Momentum Café as a local coffee and pastry shop with the Momentum Center that is open to the public and provides a place for social integration,
- facilitating community conversations including
  - Town Hall Meetings on Mental Illness
  - Town Hall Meetings on Race/Racism
  - *Inspire!* events that focus on the needs of disenfranchised and marginalized populations,
- providing Cultural Immersion Experiences both internationally and Across the Bridge as we address the cultural and racial divide between Grand Haven (and surrounds) and Muskegon,
- running Just Goods Gift Shop, a social enterprise that sells fair trade and social cause merchandise, and
- hosting annual events including Prom with a Purpose and the Salmon Run to eRace Stigma.

The Momentum Center for Social Engagement is a unique complement to clinical and therapeutic services. No clinical diagnosis or referral is required and membership is just \$1 per year. It is an empathy first environment. A robust research program provides evidence that the Momentum Center is helping reduce depression, anxiety, and loneliness among members.



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