

BAHALI PRESS KIT

*A quick overview for journalists,
partners, and media outlets.*

About Bahali

Bahali is a Caribbean-centered initiative focused on emotional well-being, providing culturally grounded tools to help children, families, and communities cope with stress, trauma, and disaster recovery. Through accessible, compassionate resources, Bahali supports emotional healing across all ages—from children and teens to parents and seniors.

Mission

To restore hope, steadiness, and emotional well-being by creating practical, culturally rooted coping tools that strengthen families and communities—especially after natural disasters.

What Bahali Offers

- Coping guides for children, teens, adults & seniors
- Children's storybooks and emotion-focussed workbooks
- Disaster Recovery Emotional Support Toolkit
- Community Healing Circles & group resources
- Family & Parent Support Kits
- Printable worksheets, grounding tools & training materials
- Workshops and outreach for schools, churches & community groups

Key Message

Healing is possible. Emotional recovery is just as important as rebuilding homes, and every family deserves the tools to feel safe, calm, and supported—especially in the Caribbean, where storms and hardships are a lived reality.

Founder

Dr. Marsha Smith, PsyD, LCSW, is a clinical psychologist and social worker committed to accessible mental health support for Caribbean families. Her work blends trauma-informed care, cultural relevance, and community resilience.

Media Contact

Bahali – Offers Emotional Well-Being & Community Healing

-because every mind deserves peace-

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Additional assets, images, and media resources available upon request.