



**Stellenbosch**  
UNIVERSITY  
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UNIVERSITEIT

University Museum  
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Universiteitsmuseum

## The Stellenbosch University Museum

and The Armah Institute of Emotional Justice

invite you to the screening of the short film:

...goodbye to the

# EMOTIONAL MAMMY

Written and Directed by: ESTHER A. ARMAH  
Featuring: BEVERLEY PRENTICE-THOMAS

**SCREENING + DIALOGUE**

**DATE:** 06 October 2025

**TIME:** 13:00

**VENUE:** Stellenbosch University Museum, 52 Ryneveld Street, Stellenbosch

**An Emotional Justice short film about the weight of it all and the wellness we create.**

This short film centres a black woman's journey where breakthrough may feel like breakdown in a world that demands, negates and discards. What does it mean to choose your wellness over the world's weight of expectation of your racialised emotional labour?



**Esther A. Armah** is a 2024 Soros Equality Fellow, a 2022 NYU CBVC Distinguished Activist in Residence, former international award-winning journalist, playwright, author, creator of the racial healing framework, Emotional Justice, and CEO of The Armah Institute of Emotional Justice. The screening will be followed by dialogue.



Post-screening Dialogue Facilitator: Charlotte Ashamu

**Charlotte Ashamu** is the Director of International Programs, Institute for the Preservation of Cultural Heritage (IPCH), Yale University, and founder of the Yale Directors Forum.

Entrance is free. To attend the screening,  
please RSVP to Mr Ricky Brecht at [rickyb@sun.ac.za](mailto:rickyb@sun.ac.za) or 021 808 3660.  
Refreshments will be served after the screening.