



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

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

