

NAMI NJ Dara Axelrod Expressive Arts 2018 Mental Health Poetry Contest - 4th Place

Freedom

By Brenda Vaughn

Property.

When my grandmother was a slave

Raped.

When she was taken by her master

Servant.

When she had to cook and clean

Time.

They said things would get better

Segregation.

When my mother had to go to separate schools

Movement.

When I raised my voice to speak for myself and my people

Freedom.

I am woman, black and free.