



MEDIA KIT · 2026



A JOINT VENTURE

Daughters of Both Suns, VQS Access Health & the *Inherited* Podcast

*Where health, mental health, culture, and community shape the conversations that
change generations.*

inheritedpodcast.online · www.daughtersofbothsuns.org · vqshealth.com

Daughters of Both Suns

INDUSTRY

Nonprofit Organization · Mental Health & Social Services

OUR MISSION

Advancing mental health equity for Black and Latina women.

A 501(c)(3) nonprofit rooted in Myrtle Beach, South Carolina and serving women and families nationwide. Daughters of Both Suns was founded by Jessica Sanchez to close the gaps many Black and Latina women face when seeking accessible, compassionate, and culturally centered mental health care.

SC'S BEST TRAUMA-INFORMED WOMEN'S MENTAL HEALTH NONPROFIT · 2026

WHAT SETS US APART

Our distinguishing commitment is to **culturally responsive care, bilingual support** (English & Spanish), and directly addressing the **systemic barriers** — language, cost, insurance, and cultural stigma — that keep too many women from healing. We serve as a bridge, not a provider, ensuring every person is supported, informed, and thoughtfully referred.

CORE SERVICES

01

BridgeCare Therapy Navigation

Guided referrals to culturally responsive therapists through insurance, sliding-scale, or limited pro bono availability via the BridgeCare Referral System.

02

Resource Navigation

Personalized referrals and warm handoffs to housing, maternal and reproductive health, legal aid, food access, and wellness services.

03

Healing Circles

Virtual and in-person group spaces for collective healing, storytelling, cultural practice, and community connection.

04

Community Education & Wellness

Workshops and wellness events that build emotional literacy, reduce stigma, and strengthen community well-being.

05

Crisis Support

Free, confidential mental health support and crisis intervention available in both English and Spanish.



The Sanar Therapy Fund

A dedicated fund connecting Black and Latina women with therapists who truly understand their experience — removing cost as a barrier to healing.

VQS Access Health

INDUSTRY

Primary Care & Family Medicine · Culturally Competent Health

OUR MISSION

Providing timely, accessible, and culturally competent primary care in a caring, holistic environment.

Founded by Dr. Valencia Henry, DNP, VQS Access Health is a family-friendly primary care practice built on a simple belief: quality care should be within reach for every person — regardless of background, language, or circumstance. With more than a decade in practice and over 5,000 patients served, VQS meets families where they are with preventive, whole-person care.

10+ YEARS IN PRACTICE · 5,000+ PATIENTS SERVED

WHAT SETS US APART

Our distinguishing commitment is to **culturally competent, holistic care** that treats the whole person — not just the symptom. We serve **immigrant families, veterans, women, and children** with preventive primary care that honors language, culture, and lived experience, removing the barriers of cost, access, and stigma that too often stand between communities and the care they deserve.

CORE SERVICES

01

Primary Care

Comprehensive preventive and acute care for individuals and families across the lifespan — the foundation of lifelong wellness.

02

Immigrant Health

Culturally responsive care and navigation for immigrant and multilingual families, honoring language and lived experience.

03

Veteran Care

Dedicated, trauma-informed primary care for those who have served — meeting veterans with respect and continuity.

04

Health Promotion

Education, screenings, and wellness programs that keep individuals and communities a step ahead of illness.

05

Medical Weight Loss

Physician-guided, sustainable weight management rooted in whole-person health — not quick fixes.



A Decade of Trusted Care

10+ years in practice serving 5,000+ patients with family-friendly, preventive, culturally competent primary care.

INTRODUCING

The “Inherited” Podcast

NEW PODCAST · 2026

Exploring the intersection of healthcare, mental health, culture, identity & community.



“Where health, mental health, culture, and community shape the conversations that change generations.”

A collaborative platform born from the partnership between Daughters of Both Suns and VQS Access Health. Hosted by founder Jessica Sanchez and Dr. Valencia Henry, DNP, Inherited brings together physicians, researchers, advocates, and lived experience to examine the systems, stories, and generational patterns that shape how Black and Latina women heal.

A DAUGHTERS OF BOTH SUNS & VQS ACCESS HEALTH JOINT VENTURE

inheritedpodcast.online

8

Conversational Pillars

2

Founding Organizations

∞

Generations Impacted

THE PROMISE

Every episode is trauma-informed, bilingual in spirit, and built to move listeners from insight to action — equipping them with language, resources, and community they can carry forward.

The 8 Pillars of Inherited

Eight interlocking lenses guide every conversation — from the systems that shape care to the legacies we choose to change.

THE SYSTEM

01

Health Equity & Healthcare Disparities

Confronting the structural barriers that decide who receives care — and who is left behind.

THE MIND

02

Mental Health & Emotional Well-Being

Normalizing therapy, emotional literacy, and the everyday practice of healing from trauma.

THE APPROACH

03

Culturally Aligned Care

Care that honors language, identity, faith, and lived experience as essential — not optional.

THE INDIVIDUAL

04

Women's Health Across the Lifespan

From reproductive and maternal health to menopause and beyond — the full arc of a woman's life.

THE SOLUTION

05

Community, Advocacy & Systems Change

Turning personal healing into collective power, policy, and lasting community transformation.

THE FOUNDATION

06

Faith, Healing & Resilience

Where spirituality, cultural tradition, and recovery meet to sustain hope across generations.

THE FAMILY

07

Autism, Neurodiversity & Caregiving

Supporting neurodivergent individuals and the families who advocate and care for them.

THE LEGACY

08

Breaking Generational Cycles

Interrupting inherited trauma to author a new story for the generations that follow.

Voices Behind the Movement

Two founders uniting clinical insight and community-rooted advocacy to bring Inherited to life.



HOST · CO-PRODUCER

Jessica Sanchez

Founder & CEO, Daughters of Both Suns

Nonprofit executive and mental health advocate who founded Daughters of Both Suns to address the gaps Black and Latina women face when seeking accessible, compassionate, and culturally centered support. She leads the BridgeCare Navigation system, the Sanar Therapy Fund, and a nationwide healing network — turning lived experience into structural change.

Nonprofit Leader

Mental Health Advocate

Bilingual Care



HOST · CO-PRODUCER

Dr. Valencia Henry, DNP

Founder, VQS Access Health

Doctor of Nursing Practice and tireless advocate for patient-centered care. As founder of VQS Access Health, Dr. Henry brings 10+ years of clinical experience and a deep commitment to culturally competent, holistic primary care. Her voice pairs clinical depth with a fierce dedication to health equity — ensuring every Inherited conversation is grounded in both evidence and humanity.

DNP · Clinician

Patient Advocate

Health Equity

Build Healing With Us

OPPORTUNITIES

Sponsors, collaborators & expert guests.

Inherited is a joint venture of Daughters of Both Suns and VQS Access Health — offering partners meaningful alignment with a trauma-informed, bilingual, community-rooted movement reaching Black and Latina women and the allies who serve them.

We are seeking mission-aligned sponsors, collaborators, and expert guests — physicians, researchers, policymakers, and advocates — to deepen every conversation and expand access to care.



Sponsor an Episode or Season

Brand alignment across audio, show notes, social, and the Daughters of Both Suns, VQS Access Health & Inherited web ecosystem.



Collaborate on Programming

Co-create healing circles, wellness events, and content that moves communities from insight to action.



Join as an Expert Guest

Physicians, researchers, policymakers, and advocates — bring your expertise to a national audience.

LET'S BUILD HEALING TOGETHER

Partner with Inherited, Daughters of Both Suns & VQS Access Health

hello@inheritedpodcast.online

www.daughtersofbothsuns.org · vqshealth.com · inheritedpodcast.online

CONNECT WITH US

Let's keep in touch.

Whether you're seeking care, offering partnership, or sharing your story — we welcome you into the circle.

FOUNDING ORGANIZATION

Daughters of Both Suns

WEBSITE

www.daughtersofbothsuns.org

INSTAGRAM

[@daughtersofbothsuns](https://www.instagram.com/daughtersofbothsuns)

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FOUNDING ORGANIZATION

VQS Access Health

WEBSITE

vqshealth.com

FOUNDER

Dr. Valencia Henry, DNP

FOCUS

Primary Care · Immigrant & Veteran Health

THE PODCAST

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DAUGHTERS OF BOTH SUNS



VQS ACCESS HEALTH



INHERITED PODCAST

"Healing the legacies we carry."

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