

Dawnita Brown

BIO



Dawnita M. Brown is the Founder of Hey Caregiver! a lifestyle brand that educates, equips, and encourages caregivers to live a life of “selffulness” during their caregiving journey and “The Binti Circle”, a support group for black daughters caring for their mothers.

Dawnita, a woman of many parts - also co-founded Black Girls Global Exchange (BGGE), a global ambassador program for girls which uniquely cultivates leadership through artistic activism and service in a way that promotes an equitable exchange of ideas addressing social issues between girls in the US and Africa. For the past 25+ years she has volunteered her life to programs for at-risk youth and young adults through faith-based, government, educational, and non-profit organizations.

Professionally, Dawnita has a diverse background including but not limited to technology, teaching, public relations, visual communication, executive events planning, management and wellness. As a General Services Administration (GSA) federal government employee, she thrived as a property manager and assisted in the planning of several major events for Baltimore City including OpSAIL 2000 and DeutscheBank Alex Brown’s Minority Recruitment Dinner.

Additionally, Dawnita served as a Training Specialist and as the Employee Wellness Coordinator for the Centers for Medicare & Medicaid Services (CMS), an operating division of the US Department of Health and Human Services (HHS). Both of these roles afforded her the opportunity to promote leadership, wellness, and quality of work-life for CMS’ 6,000+ employees. While at CMS, she twice received the Administrator’s Healthier Achievement Award and the Department of Health and Human Services’ (HHS) Green Champion Award for pioneering the agency’s farmers market for its “Go Green, Get Healthy” initiative.

A dedicated volunteer and servant, Dawnita is the 2005 recipient of Towson University’s Alumni Volunteer Service Award and a Diamond Life Member of Delta Sigma Theta Sorority.

In 2016, she took a leap of faith and served as a mid-career Peace Corps Community Health Volunteer in Eswatini, Africa, immersing herself into a new culture and expanding her global perspective. While serving in the Peace Corps, she was recognized by the US Embassy Eswatini for her outstanding program development with grants to help fund Swazi GirlsBelieve and BGGE.

Born, raised and educated in Baltimore City, Dawnita excelled academically and graduated with an Advanced Academic College Preparatory Diploma from Western High School (the nation’s oldest all-girl public school), attended Hampton University and completed undergraduate and graduate studies at Towson University and University of Baltimore. She possesses degrees in Business Management (BS), Instructional Technology (MS), and Publications Design (MA). In 2021, she became a Certified Caregiving Consultant™ Educator™ Facilitator™, to combine her caregiving experience with education to better serve her fellow caregiving community.

Missionary Amy Carmichael wrote, "Often His call is to follow in paths we would not have chosen", and that has indeed been Dawnita’s story.