



2019 Black Mental Wellness Expo Program

Room 1

Just Breathe: A Creative Session w/ Essential Oils | Candace Phillips | **12:30 PM - 1:20 PM** | **Adults**

Participants will be educated about the basics of essential oils, how they benefit one's mental well-being, participate in relaxation exercises, and gain instruction on how to craft some homemade Aromatherapy products to use in their home for self-care and mental health.

Overcoming Depression: A Poetic Symposium | Marilyn Okoye | **1:30 PM - 2:20 PM** | **Adults**

Join Marilyn for an open discussion and see how she was able to use her gift of writing to pursue her healing. Listen as she expresses through the spoken word Love and Comfort in what was undoubtedly one of the most difficult times of her life. In this symposium, you can expect participation, demonstration, and activation.

Dreaming While Awake | Cheryl Lane | **2:30 PM - 3:20 PM** | **Women Only**

Cheryl will share how she's used journaling to achieve her mental wellness goals. Dreaming While Awake will aid women in achieving goals through writing.

Mama's Mind Matters | Nicole Woodcox Bolden | **3:30 PM - 4:20 PM** | **Women Only**

This interactive workshop will equip participants with the tools to not only self-assess their mental well-being but also strategies to help them feel better right now! By the end of this workshop, participants will be able to discuss the basics of the M-cubed method to Mother mental wellness. Participants will create their Movement, My Space, and Moxie goals.

Bullying Had Faces!! | Chanell Hill, LCSW & Jacquelyn Eadie | **4:25 PM - 5:15 PM** | **Adults & Adolescents**

Bullying has taken on various forms throughout the years. In most recent years it has escalated to where youth are choosing to commit suicide or partake in random acts of violence against each other. Bullying is not a concept where it can be done away with by using laws, policies and procedures. It has real consequences and real faces.



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Room 2

Don't Save the Trauma for Your Mama | Verlisa Shanklin | **12:30 PM - 1:20 PM** | **Adults**

This workshop was created to spread awareness on the effects of trauma in the African American community, more specifically black Women. The workshop will discuss the myths, barriers and challenges Black Women face with healing from trauma and how we can come together to heal not only ourselves, but our children.

Rest, Sis: How the Black Superwoman Myth is Killing Us | Shannon McCray | **1:30 PM - 2:20 PM** | **Women Only**

This workshop will help participants put a name to the physical/mental/emotional/spiritual fatigue they may feel as a result of either intentionally or unintentionally live up to the "Black Superwoman" myth. Participants will learn the ways in which being the "Black Superwoman" can be harmful to their overall wellness and learn tips to prevent associated burnout.

Build More Self-Care into your Day | Dr. Amanda Long & Dr. Rebecca Hubbard | **2:30 PM - 3:20 PM** | **Adults**

Self-Care often ends up on the back burner. Even when you know what you need to do for self-care it can be tough to fit it in. In this workshop we will talk about concrete strategies for how to make time for more self-care, so that it can become a habit, and not the exception.

Mental Health & Faith | Taylor Pettway, AMFT | **3:30 PM - 4:20 PM** | **Adults**

Taylor will share how the combination of mental health and faith can support someone on their healing journey.

Your Mental Health, Be in the Know | Dr. Niama T. Malachi | **4:25 PM - 5:10 PM** | **Adults**

This is an interactive workshop that teaches participants about the various mental health resources available to them. The facilitator has gathered over 30 resources now available on her website that provide a plethora of information for the participants. The facilitator will discuss the most imperative resources and highlight key information from each. Participants will leave with a list of the resources.



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Room 3

Building Your Personal Board of Directors | Dr. Kameeshia Lackey | **12:30 PM - 1:20 PM** | **Adults**

Dr. Lackey will describe the importance of a board of directors for the growth and achievement of personal goals. Discussion on how a strong foundation of mentors can help in developing a strong, tight-knit, and inner circle to achieve personal goals. Facilitate an activity to identify the participants' current board and how to expand it for growth.

I Can't Shake this Feeling | Shaniqua Ford, M.A., LSW | **2:30 PM - 3:20 PM** | **Adults**

This workshop will educate participants on the somatic symptoms associated with depression, anxiety, and trauma. Participants will learn to identify somatic complaints, and learn skills to prevent and manage symptoms.

Mental Wellness Vendors

Goal Driven Counseling
Lotus Trauma Care
Orange Theory Fitness
SCM Healing Essentials
Howard Brown Health
Morning Joy, LLC
LifeWorks Psychotherapy Center
Harris Clinical Group
Transformative Growth Counseling

Mental Wellness Vendors

Ashé Counseling & Coaching LLC
TyPay Essential Beauty, LLC
TriFocus Counseling and Consulting Services
DFM Wellness Alliance, LLC
Mikki Chewz
The Family Institute at Northwestern

Food Vendors/Contributors

Good2Go Veggie
The Sugar Factory