

Schedule

3rd Annual
Strong Black Woman Redefined
Conference

Strong Black Woman Redefined

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LOUNGE + VENDOR MARKETPLACE OPEN 8AM – 3PM

8:00 am – 8:45 am

Registration Begins
Light Breakfast Buffet
Networking Lounge Opens
Vendor Marketplace Opens

9:00 am – 10:30 am

Morning Keynote / Panel Discussion

10:45 am – 11:30 am

Breakout Session 1 (Select one of three)

11:45 am – 12:30 pm

Breakout Session 2 (Select one of four)

12:45 pm – 1:30 pm

Boxed Lunch Served
Continue Shopping + Networking

1:45 pm – 2:30 pm

Breakout Session 3 (Select one of four)

2:30 pm – 3:00 pm

Continue Shopping + Networking

3:00 pm

Conference Closes

Workshops + Facilitators

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BREAKOUT SESSION 1 | 10:45 AM – 11:30 AM | SELECT 1 OF 3 OPTIONS



The Embodiment of Joy In Color

Presented by: Ayanna Parrent, LICSW - CEO & Founder of B FREE Wellness, Inc.

This session will be an interactive workshop where participants will explore what empowerment looks like and feels like in the body. Activities will include movement, dancing, breath work, meditation and journaling. The goal will be to get participants to understand how stress and trauma live in the body and how to release it to feel freedom and healing. We will also discuss the importance of being in community and collective healing as the pathway to freedom in the mind and body. This workshop is great for anyone who has experienced significant stress, or is recovering from something, anything - all are welcome. Ayanna will use the curriculum and themes created from her latest book as well as the 12 body agreements which are specific techniques and invitations of how to work with the body when stressed to create lasting healing.

Ayanna Parrent, LICSW & RYT 500 is the CEO and Founder of B FREE Wellness, Inc. B FREE is a non-profit organization and community that transforms lives by providing free or affordable services including movement, mindfulness and coaching programs to those whose lives have been impacted by trauma, addiction and oppression. Ayanna is trained in restorative yoga, Yoga of 12 Step Recovery, and multiple trauma sensitive yoga informed programs. She has developed her own business model that gives people an opportunity to release complex trauma out of the body using movement, holistic and mindful techniques. She is the author of *Becoming Free*, A Memoir that talks about her journey from addiction to recovery. She is also the co-host of *Fit Phat Chat*, a podcast about body positivity and accessible movement. Ayanna believes in mental wealth as opposed to health. She is a dancer, writer, mom, stepmom, dog mom, person in joyful recovery, yogi, and a lover of breath. To learn more about how you can work with Ayanna visit www.bfreewell.org.

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BREAKOUT SESSION 1 | 10:45 AM – 11:30 AM | SELECT 1 OF 3 OPTIONS



Challenging Your Negative Thoughts Related to Imposter Syndrome

Presented by: Aliese Lash - Founder of Liberated Light Counseling

Are you high-achieving on paper but find yourself questioning your intelligence and sense of belonging? Do feelings of insecurity or self-doubt ever hold you back from trusting your instincts? Join licensed therapist and Founder of Liberated Light Counseling, Aliese Lash, as she shares a powerful and simple skill that will empower you to silence the negative thoughts that stem from insecurity, self-doubt, and imposter syndrome. During this workshop, each participant will:

- Understand why imposter syndrome exists for Black women in the first place
- Learn to name the automatic negative thoughts that are unique to you
- Practice a therapeutic skill designed to challenge and reframe your thoughts

Aliese Lash is a Boston-based Licensed Independent Clinical Social Worker and Founder of Liberated Light Counseling. She is passionate about making high-quality mental health care equitable, accessible, and inclusive to the BIPOC community. Aliese brings over 10 years of experience providing psychotherapy for teens and Millennials and loves teaching stress management, identity formation, and mindfulness skills that allow folks to experience the joys and liberation of holistic healing. She is committed to investing in the next generation of Black therapists and stays involved with her graduate school, Boston College School of Social Work, by serving on their Alumni Board and working part-time on their Field Advising team to support their Black Leadership Initiative. Aliese is also an avid runner who serves as a Captain and Leader of Boston's most diverse running community, PIONEERS Run Crew. Outside of her professional roles and running, Aliese loves collecting house plants, going on road trips, cooking Caribbean food, and doing all things outdoors. To learn more about how you can work with Aliese visit www.liberatedlightcounseling.com.

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BREAKOUT SESSION 1 | 10:45 AM – 11:30 AM | SELECT 1 OF 3 OPTIONS



Hey Sis, I Dare You to Put the Cape Down

Presented by: Courtney Fulton - Founder & CEO of Brown Girl Diagnosed

This workshop is for women who feel pressured to act like superwoman, who project themselves as strong, self-sacrificing, and free of emotion to cope with the stress and anxiety in their daily lives. If this is you, I dare you to take this workshop and be empowered to put that Strong Black Woman Cape down by:

- Having a clear definition of what boundaries are
- Discovering what boundaries YOU need to put in place
- Learning how to set and maintain personal/professional boundaries that will help you to better manage your stress and anxiety

For too long, you have been overwhelmed and overburdened with stress and anxiety caused by the lack of proper boundaries. After this workshop, you will walk away with a renewed determination to put the cape down and walk in the power of peace.

Courtney E. Fulton is the Founder & CEO of Brown Girl Diagnosed, a company committed to helping ambitious Women of Color manage workplace stress and anxiety by effectively integrating coping strategies and sustainable self-care practices into their daily routine. She also hosts a podcast, Conversations With A Brown Girl, where she has candid talks with other Women of Color on topics that promote self-care, self-love, healthy living, and improving one's mental health through relatable, reliable, and useful discussions. Courtney is a former middle and high school teacher who received an undergrad degree from Lincoln University and a graduate degree from Temple University. This New Jersey native currently resides in Abington, Pennsylvania, with her husband and teenage son. Visit www.browngirl Diagnosed.com to work with Courtney.

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BREAKOUT SESSION 2 | 11:45 AM – 12:30 PM | SELECT 1 OF 4 OPTIONS



Hip Hop Therapy, A Culturally Competent Lifestyle

Presented by: Vocal Psychosis aka Ebony Waller – Artist & Licensed Marriage and Family Therapist

Hip Hop Therapy, A Culturally Competent Lifestyle is an introduction training into the foundational elements of hip hop therapy. These foundational elements can be implemented by mental health professionals, community members, educators – anyone working with individuals to address their trauma.

Vocal Psychosis is known in the clinical mental health arena as Ebony Waller: specialist in hip hop therapy, collaborative therapy, and mindfulness. Vocal Psychosis is a doctoral student, a licensed marriage and family therapist, and founder of the Vocal Psychosis Foundation. The Vocal Psychosis Foundation was launched to exemplify the mental health benefits of utilizing hip hop to treat mental health deficits. To learn more visit www.vocalpsychosisfoundation.com.



Dating Confidently as a Black Woman

Brianna Sanders, LGPC – Intuitive Counselor and Love Coach

Are you ready to connect with your power as your full self and truly experience love? Learn how to go from being confused, insecure, and fearful to being confident, healthy, and clear-minded as you enter into the dating scene. In this workshop you will learn the common obstacles that women face when dating, the different mindsets that prevent us from dating confidently, and how to create your target list so you can date with clarity and intention. This workshop is for women who are afraid of or apprehensive about dating, and/or find that they cannot seem to date in a way that makes THEM feel good.

Brianna Sanders helps Black women heal their relationships by healing themselves. She utilizes integrative methods including but not limited to mindfulness, bodywork, breathwork, nutrition/herbal components, energy work, and EFT tapping. To help her clients, she uses her education as a licensed professional counselor and her personal experience with single parenting, anxiety, depression, grief, anxious attachment, HSP/empath identity, narcissistic abuse, betrayal trauma, and an autoimmune condition. To learn more about Brianna or to hire her as your love coach visit www.healedlikeintsugi.com.

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BREAKOUT SESSION 2 | 11:45 AM – 12:30 PM | SELECT 1 OF 4 OPTIONS



Beware of Strong Black Womanitis

Presented by: Vick Breedy – Author, Entrepreneur, & Founder of the Selfish Women's Group

It looks like COVID isn't going anywhere, but we also need to take preventative action against contracting Strong Black Womanitis (SBW). SBW is a disease that plagues many of us. Symptoms include: neglecting self-care, feeling guilty for saying "no", doing "the most", making a way out of no way, and suffering in silence. If this sounds like you then you need to attend this workshop in which Vick Breedy will address the issues that threaten our ability to practice self-care. By the end of this interactive session you will be able to understand the importance of self-care, explore ways to practice it and identify behaviors that make it difficult to lighten the load Black women carry.

Vick Breedy is the creator of the Selfish Women's Group – a space that encourages women to be intentional about their self-care and overcome the barriers and guilt associated with making themselves a priority. She is also the author of several novels and has an apparel line called Genetically Resilient that honors those that have gone through adversity and bounced back from it. To learn more about Vick Breedy and to purchase her books, journals, and apparel visit www.vickbreedy.com.



TIMBo Drop-In for Reducing Stress

Presented by: Keyona Aviles – Founder of Inspired Release

This 45-minute workshop is for those of us ready to experience more peace while in the midst of deep shifts, uncertainty, lack of information, lack of control, and/or feeling stuck – without having to speak on or know all the things. This Black held space is: 1 part mindfulness tools for real people, 1 part trauma responsive science and all parts acceptance practice. In this interactive and hands-on session, you'll learn practical ways to:

- Reconnect to and understand your body
- Soothe your nervous system
- Experience more peace right now

Keyona Aviles runs a home-based wellness boutique / private practice where she provides therapy and treatment to women, youth, and their families. She has integrated her 15 years of clinical mental health experience with what she knows to be true for herself and so many others: awareness of the body, movement, and curiosity are crucial to emotional/mental well being and soul level healing. Keyona earned her Masters degree in Clinical Mental Health Counseling with a specialization in holistic practice from Lesley University. To learn more how Keyona can help you reconnect with your inner peace visit www.inspiredrelease.com.

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BREAKOUT SESSION 3 | 1:45 PM – 2:30 PM | SELECT 1 OF 4 OPTIONS



Masking My Pain to Avoid the Shame: A discussion on postpartum depression in a community where motherhood has the title of strength and honor

Presented by: Tara Johnson - Owner of Alive Coaching and Wellness

Can you imagine wearing a cape that weighs just as much as you? Or better yet, being told you have to show up as this strong superhero who saves everyone, but you are the one who needs help. This is the overwhelming feeling that many women endure silently each day with postpartum depression. Wearing their beautiful mask of strength and joy to avoid the guilt and shame underneath. Author and Podcast Host, Tara C. Johnson will discuss some of the signs of postpartum depression and how the load is even greater in a cultural community built off of strength and faith. In her informative discussion, she will also share her personal journey and path to healing. This discussion will cover recognizing signs of postpartum, acknowledgment of needing help and building your community to sustain your strength along with other insightful information to care for that mother. This workshop is for not only mothers but for those desiring to know more about such a silent topic in our community.

Tara Johnson is the Owner of Alive Coaching and Wellness where she is a life and wellness coach and mental health advocate for women. Her mission and passion is found in encouraging, uplifting and walking alongside women to actively live in victory and empowerment. Her main areas of focus include mental, emotional and spiritual wellness. Tara is also a Licensed Respiratory Therapist and incorporates her clinical skills for deep breathing, relaxation and quality sleep techniques to assist with anxiety or every day stressors. As a healthcare provider, she firmly believes in caring for yourself in all areas of your life. Tara Johnson is also the host of She Walks Podcast and a co-author for Soulful Affirmations and What Goes On In My House, Stays In My House. Tara still finds her greatest joy in being a wife and mother to her two daughters. She strives to be a beacon of light to her family, church and community. Check out Tara at www.alivecw.com.

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BREAKOUT SESSION 3 | 1:45 PM – 2:30 PM | SELECT 1 OF 4 OPTIONS



Magic & Capes: High Functioning Depression in the Black Community

Presented by: Brandy Brooks, Ed.D. – Educator, Public Health Professional & Mental Health Advocate

Cheslie Kryst. Ian Alexander, Jr. Moses J. Moseley. Kevin Ward. They appeared to be happy, well-adjusted and accomplished adults. Their deaths didn't fit the mold of someone who dies by suicide. The social media posts, news reports, essays and articles social media that followed conveyed shock and a need for the BIPOC community to be more honest with our pain. We are not fine. We are not okay. High-functioning depression is real and it can have serious consequences if not addressed and treated. In this workshop we will explore answers to the following questions:

- What is high functioning depression?
- What are some signs and symptoms that you or someone you know may be suffering from high functioning depression?
- What are some strategies used to treat and support someone dealing with high functioning depression?

Brandy Brooks, Ed.D., has been an educator, public health professional and mental health advocate for more than fifteen years. She is currently the Deputy Director at Higher Ground, a community-based, collective impact organization focused on improving education, health, and housing in Roxbury, Dorchester and Mattapan. She previously served as the Assistant Director of Adult Education and adjunct professor in History & Social Sciences professor at Bunker Hill Community College. Brandy received her doctoral degree in Education from University of Massachusetts Lowell. Since 2018, she has served as the Director of Operations for DeeDee's Cry and the Roxbury Unity Parade.

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Soft, Strong, Sexy

Presented by: Taja Ricketts - Owner/Pleasure Curator of Satin Kiss

When was the last time you were able to feel sexy? Do you allow yourself space to feel vulnerable and soft? Do you feel empowered in your sexuality? Life is constantly throwing us curveballs at work, at home and out in the world, we barely get time to acknowledge or even embrace the sensual side of ourselves. In this workshop, we will be defining what pleasure and sexuality can look like for ourselves. We will look at ways in which we can reclaim our sexual narratives, shrug off the expectations, nurture our vulnerability and tap into our sexuality in a holistic way.

Taja Ricketts is the Founder of Satin Kiss Enterprises, LLC ("Satin Kiss"). Satin Kiss is a lifestyle brand: an elevated shopping and education experience, curated for quality, consumer safety, empowerment and diversity. Satin Kiss was established with the desire to minimize stigma around sexuality and enhance sexual health and pleasure outcomes, especially for women, BIPOC, and others whose interests are not often recognized in the spaces where it matters most. Taja is certified as a Community Sexual Health Resource through The Center for Sexual Pleasure and Health. Some of her passions and hobbies include international travel, the performance arts, historic architecture, horticulture, and continuing personal and professional development. For more information visit www.satinkiss.me.



The Message Behind the Behavior

Presented by: Jessica Lynne - Founder of JLW Medical Management Consulting

This workshop is designed to help you see the hidden messages behind various unwanted behaviors that occur in different situations. You will get a chance to immediately apply the concepts presented by responding to different case studies and scenarios. Upon completion of this workshop, you will be able to identify your own triggers, recognize when customers, clients and/or patients become triggered, and learn how to intervene with effective solutions.

Jessica Lynne helps mental health providers build thriving practices. She works on several programs that create access to mental health services and eliminate barriers that delay treatment. In 2022 Jessica launched the Patient & Provider Bridge Program which focuses on holistic integrated support connecting underserved patients to quality mental health services. Jessica is a professional student at Northeastern University, working on a double master's degree in Public Health and Health Law. She is currently working on her first book *There's Purpose In Your Pain, The Journey to Healing*. To learn more about Jessica and her book visit www.jlwmedicalmh.com.

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