

| Section  | Place | Date                       | Topic  | Speaker   |
|--|-------|----------------------------|--|---|
| Achieving & Maintaining Mental Health & Wellness |       | September 25 <sup>th</sup> | Starting Practices for Renewing the Mind: Mental Health through the Lens of Faith Part I —<br><b>“Becoming a Hearer and a Doer with Grace”</b>   | Rev. Phyllis Jackson & Samuel Radford   |
|  |       | October 23 <sup>rd</sup>   | Starting Practices for Renewing the Mind: Mental Health through the Lens of Faith Part II –<br><b>“Revelation and Forgiveness in the Presence of all Illness”</b>  | Shanice Aluko, MFT  |
|  |       | *November 20 <sup>th</sup> | Easing Burdens of the Mind-Body Connection: Self-Care & Referral<br><b>“Retiring Superman/ Wonder Woman”</b>   | Autumn Gallegos, PhD<br>Ann Marie White, EdD  |
| Common Disruptors of Mental Health & Wellness    |       | December 18 <sup>th</sup>  | Infant Mental Health: What, How and Effects & Mental Health Burdens in Children: Children’s ACES and Counseling<br><b>“Kids Can’t Wait”</b>  | Minister Earl Greene<br>Traci Terrance, LCSW  |
|  |       | January 22 <sup>nd</sup>   | Anger, Trauma & Violence & Referral Process<br><b>“Not just Bad or Fast”</b>   | Minister Earl Greene<br>Dr. April Aycock  |
|  |       | February 26 <sup>th</sup>  | Understanding the Effects of Stress on Mental Health: Anxiety Disorder & PTSD<br><b>“Fight and Flight, All Mixed Up”</b><br>Grief/Bereavement & Suicide<br><b>“Left Behind”</b>                              | Silvia Johnson, LCSW<br>Rev. Sebrone Johnson  |
|  |       | March 26 <sup>th</sup>     | Depression<br><b>“Your Blues Ain’t Like Mine”</b>  | Christine Jean Jacques, PhD   |
| Addictions                                       |       | April 23 <sup>rd</sup>     | Understanding Addiction from a Trauma-Informed Approach<br><b>“Amazing Grace: Trauma-Informed Congregations”</b><br><b>Bridging the Gap: Empathy with Millennials Experiences of Faith and Mental Health</b> | Rev. Keith Patterson<br>Victoire Shenge, Ann Marie White, Ed.D.                           |
|  |       | *May 21 <sup>st</sup>      | Addiction/Substance Use<br><b>“Dealing with the “PIMP” and CORONA: Post-traumatic growth and resilience</b>  | Charles Brown, AAS, CASAC<br>(Invited/not confirmed: Dr. April Aycock, Monroe County OMH) |
|  |       | *June 11 <sup>th</sup>     | Family Support of Long-Term Behavioral Health and Post-Pandemic Needs<br><b>“Taking the Skeletons Out of the Closet”</b>   | Jewell Hopkins, MSW   |
|  |       | July 23 <sup>rd</sup>      | Graduation, Participant Presentations &<br><b>“Leading with Love”</b> : Creating Safe Environments for All Through Sexual Identity and Gender Orientation Inclusion in Faith Communities                     | Dr. James Evans   |

\*Classes run the fourth Saturday of the month except for these months – due to holiday weekends

