



## BREAKOUT SUMMARIES – 2013

### **SATURDAY**

10:45- 11:45

**Mothering Hope: Using photovoive to discuss the performance of hope by mothers and grandmothers of emerging adult women of African descent - *lecture***

**Presenter: Brandy N. Kelly Pryor**

As mothers, daughters, sisters, and friends, relationships amongst women have the power to be an affirming and safe space for Black women. This lecture presents an aspect of that affirming space through photos and narratives from 12 young women in their early 20's revealing the critical role of motherhood in developing and conceptualizing their hope.

**Sole Power: Dress your feet, determine your financial future- *workshop (interactive)***

**Presenter: Keva Rop, MBA**

Learn how to stride confidently through life by wearing the correct financial support. Step into your destiny guided by the wisdom gleaned from generations of women overcoming financial obstacles and creating their own success.

**Rediscovering the Art of Cooking with Mother Nature - *workshop (interactive)***

**Presenter: Tiffany M. Griffin**

This interactive culinary workshop highlights the beauty of "Cooking with Mother Nature," as first described by author and activist Dick Gregory, and culminates in collectively preparing a raw dish--watermelon salad with tofu "feta." This session will tantalize your mind, as well as your taste buds, as you learn specific techniques, rooted in Black tradition, for maintaining a veg-centric lifestyle.

**As within, so without - *workshop (interactive)***

**Presenters: D.L. Carpenter and Shannette Slaughter**

Join the discussion that will help change your internal dialogue around: Relationships, Finances, Career, Spirituality, Health/Wellness. By having the conversations around who we are as women, our role in relationships and how we create prosperity *As Within, So Without* presents a unique opportunity for examination, exploration, and growth.



1:30- 2:30

**YOU – The Chooser: Single Parenting From Your Highest Self - lecture**

**Presenter: Marion Manigo**

Single moms - One day we will all be corpses. I love you enough to tell your story before it is written as an obituary. Come, listen, sign up, empower other single moms, and leave a legacy for your family.

**The Development of Family Beauty Narratives and Healthy Decision Making among Black Women - workshop (interactive)**

**Presenter: Tanisha Garnier**

This will be a one-hour interactive workshop on the body image and beauty narratives among Black women that emphasize the role of female kinship in the co-construction of beauty, body image, and health habits in Black families. As a marriage and family therapist, I address these concepts from a systemic lens, highlighting the family system in the development of body image, beauty narratives and health habits among Black women.

**SEXsational Affairs: Let's Talk! workshop (interactive)**

**Presenters: Dawn Rivers, Wytisha Parks, and Shanina Letcher**

SEXsational Affairs is an open talk forum for women to ask questions and empower themselves in sexual issues or questions that they have been afraid to ask.

**Renewing Sacred Healing Spaces Between and Within Generations - panel**

**Presenters: Lani V. Jones, Kendra C. Roberson, Vanessa Jackson, and Nadia Richardson**

This panel will explore the schema of the "strong Black woman" and its emotional, physical, and spiritual impact across generations and sub cultures. Particular attention will be given to the importance of assisting Black women to move beyond survival, to a space where they are able to emotionally and physically thrive.

2:45-3:45

**Pieces of Me: How Our Stories Heal the Past, Inform Our Present and Shape our Future - workshop (interactive)**

**Presenter: Hakikah Shamsiden**

What stories have we inherited? What stories are we passing on? Are they hindering or healing us? This workshop will focus on acquiring tools to begin to clear up the emotional clutter we may have accumulated in our lives from past generations and create space for new stories that will edify and heal those coming behind and toward us. \*Request: Please bring a favorite photo of yourself and an item that reminds you of an woman who has influenced you. Not mandatory but helpful\*



**Let's Talk About Sex at the Kitchen Table: A Multi-generational Discussion on Black Women's Sexualities - workshop (interactive)**

**Presenters: Clarissa Francis and Karla Scipio**

This workshop will explore black women's sexualities through various interactive activities and open dialogue. Also, it will include a multi-generational perspective on various topics relating to sexuality and the female body.

**Daddy Thirst: Healing the Impact of Fatherlessness Among Black Women - workshop (interactive)**

**Presenter: Rev. Dr. April C. Wells, LPC, LMFT**

This workshop is designed to explore and heal the impact of fatherlessness on Black women's relationships with self, daughters, sons, mothers, friends, intimate partners, spouses, and God. Participants will identify relational patterns that stem from growing up without a present and available father and learn healthy strategies for coping with and healing from a father's physical, emotional, or spiritual absence, abandonment, neglect, or abuse.

**Loving Our Selves through Contemplative Practice - workshop (interactive)**

**Presenter: Veta Goler**

Through meditation and other contemplative practices, participants will foster self-knowledge and gain tools to more fully love their present and younger selves.



## **SUNDAY**

9:00- 10:00

**Intergenerational Storytelling: A Gift of Legacy - workshop (interactive)**

**Presenter: Gloria S. Elder**

Storytelling is an art which embodies the history, heritage, and culture of Black folks down through the generations. Come and listen as we remember who we are and from where we come, share the learning and pass on the legacy of storytelling through voice, music, song, and dance.

**Deepen Into the Powerhouse: Working Towards Wellness Using the Pilates Method – fitness/movement**

**Presenter: Dr. Nichole Ray**

Are you ready to learn about and participate in a method of body conditioning that can aid you in achieving your fitness goals? Join in this interactive workshop where you will learn all about the Pilates method and participate in a mat workout. Be sure to bring a yoga/Pilates mat and wear comfortable clothing!

**Reinvent Your Wheel: Reclaiming Your Body, Your Balance and Your Bliss - workshop (interactive)**

**Presenter: Krista Riddley**

In this interactive workshop you will learn how to break through the old patterns that have held you back from achieving the body, well-being, and balance you crave. You will learn the keys to getting and staying on track, and leave with action steps that will create momentum and move you swiftly toward your personal vision of a healthy, balanced, and blissful life.

10:15-11:15

**Play Together! Stay Together! - workshop (interactive)**

**Presenter: Lois Toni McClendon, LaVerne Baker Hotep, and Soyinka Rahim**

Your body holds Wisdom: Lean to trust your Inner Authority through InterPlay. Come; let's practice affirmations, storytelling, and movement to celebrate relationships between mothers, daughters, sisters, and friends.



BLACK WOMEN'S  
**Life Balance & Wellness**  
CONFERENCE

**What's Eating African American Women? Healing Our Body Story and Breaking the Silence on Emotional Eating - workshop (interactive)**

**Presenter: Ange Anglade**

When it comes to obesity, African American women are the most overweight group of people in America. Despite the life-threatening risk of carrying excess weight and the First Lady's attempt to get us moving, African American women still can't get their act together. What is the real story behind our weight gain? Is it really about "food"? This highly interactive workshop will address the underlying issues that might be affecting our health and weight, offering solutions that will help women stand in their power, remove their mask, allowing their bodies to heal, telling the story of pain, courage, strength and ending in the growing epidemic of obesity in African American women.

**The Generation Wealth of Spiritual Development - panel**

**Presenters: Jennie C. Trotter, Jennie Donaldson and Adama A. Maweja**

A panel of three women healers will share what they have learned from their ancestors, grandparents, and parents about spiritual development, how they incorporated and expanded on these practices, truths for spiritual development for this generation and future generations to come. It has been said, "To achieve our highest potential, one must discover and develop one's spirituality - the pure essence of who we are."