

## Renewing of the Mind 2024 Calendar

Section	Place	Date	Topic	Speaker
Achieving & Maintaining Mental Health & Wellness	Zoom	January 27 <sup>th</sup>	Starting Practices for Renewing the Mind: Mental Health through the Lens of Faith Part I – <b>“Becoming a Hearer and a Doer with Grace”</b>	Rev. Phyllis Jackson Samuel Radford
	Zoom	February 24 <sup>th</sup>	Starting Practices for Renewing the Mind: Mental Health through the Lens of Faith Part II – <b>“Revelation and Forgiveness in the Presence of all Illness”</b>	Shanice Aluko, MFT
	In person (hybrid as needed, case-by-case)	March 23 <sup>rd</sup>	Easing Burdens of the Mind-Body Connection: Self-Care & Referral <b>“Retiring Superman/Wonder Woman”</b>	Autumn Gallegos, PhD Ann Marie White, EdD
Addictions	In person (hybrid if needed)	April 27 <sup>th</sup>	Family Support of Long-Term Behavioral Health and Post-Pandemic Needs <b>“Taking the Skeletons Out of the Closet”</b>  <b>Referral Process: Behavioral Health</b>	Jewell Hopkins, MSW <b>(TBD)</b>  April Aycock, PhD
	In person (hybrid if needed)	<b>May 18<sup>th</sup> (TBD)</b>	Addiction/Substance Use <b>“Dealing with the “PIMP” and CORONA: Post-traumatic growth and resilience”</b>	Charles Brown, AAS, CASAC <b>(TBD)</b>
Common Disruptors of Mental Health & Wellness	In person (hybrid if needed)	June 22 <sup>nd</sup>	Understanding and Responding to the Effects of Stress on Mental Health Across Generations: ACES, Anxiety, PTSD, Anger and Trauma <b>“Kids Can’t Wait: Removing Ghosts in the Nursery”</b> <b>“Fight and Flight, All Mixed Up”</b>	Traci Terrance, LCSW, PhD
	In person (hybrid if needed)	July 27 <sup>th</sup>	Depression <b>“Your Blues Ain’t Like Mine”</b>  <b>Grief, Forgiveness, and Suicide or “Left Behind”</b>	Christine Jean Jacques, PhD
	In person (hybrid if needed)	August 24 <sup>th</sup>	Graduating, Participant Presentations &  <b>“Leading with Love: Creating Safe Environments for All”</b>	Minister Earl Greene

See a list of speaker bios and photos here: <http://bit.ly/RoM2024Bios>