

Welcome to the “*Break Free*” *Healing Experience* 2023. We are excited to have you be apart. I truly hope that something is said today that will help you along this journey of life. As visionary and founder, my mission is to help God’s children be Healed and SET FREE. It is my heart's desire that you do not leave here the same way you came.

God Bless!

*Evangelist Browniesha Blackman*



## PANELIST



Shardel Hodge Matthews is a Licensed Marriage and Family Therapist and Relationship Coach born and raised in Los Angeles, CA. She is the Founder and CEO of Lighthouse Perspective, a coaching platform established to shift perspectives for singles and couples on how to create, embrace, strengthen, and reinforce healthy relationships within themselves, their partners, in other interpersonal relationships, and with God. As a millennial, Shardel thrives in focusing on identifying and facing emotions, insight building, self-awareness, and thought reframing from a realistic viewpoint and Christian foundation. Shardel's overall mission is to help individuals and couples achieve the things that seem impossible by providing a space full of compassion, support, and understanding to explore a different perspective!



Emmanuel C. Joseph is a Minister of the Gospel who founded T.R.A.P. (Teach Reach & Preach) House Ministries. He is the business owner of a company that does Consulting & Business Marketing. He helps up and coming business owners perfect the formula for their businesses to get that business off the ground.

He believes the word of God is absolute truth and uses that wisdom to not only minister the gospel but as a tool in his company by applying biblical principles that benefit not only the business he's assisting but the business owners themselves.

He is also a student at Kairos University working towards his Bachelor's degree in Biblical Studies. He is a Husband of 10yrs and a Father of four children.



Shae Clark is 41 years old, Peer Support Specialist and Co-Author of a best selling book titled "The Healed Woman". This July by the Grace of God she will be celebrating 4 years of recovery. She never thought she would live to see the day of living a free life. She struggled for many years searching for the answer to no longer live trapped in her pain. After hitting rock bottom she realized that all she could do was call out to God for help. God has performed a miracle on Shae's life, She is a living testimony. She never understood her purpose in life until now. Now she works with individuals who are battling with addiction and struggling with mental health. She's able to help others who are struggling in their life and feel like there is no hope. She now knows her purpose in life and that purpose is to carry the message of experience, strength, and hope that recovery is possible.



Floyd J. Sanders is a domestic violence level II counselor certified through the National Anger Management Association. Also, he is an anger management specialist, a certified leadership development facilitator through Achieve Global, Inc., and a certified life coach through New Skills Academy. Floyd is available for 1:1 sessions, small group meetings, and conferences to speak to Churches, schools, correctional facilities, social clubs, businesses, and other organizations about intimate partner violence and destructive relationship entanglements.

Floyd is a born again christian since the age of 15 and the survivor of childhood trauma. During his marriage, Floyd experienced intimate partner violence at the hands of his former spouse. Now, he is a life coach, domestic violence treatment specialist, and safe relationship educator. Floyd is principal at PACE Family Services, he does coaching and counseling for individual and family services agencies.



Jatendra was born and raised in Milwaukee, WI, one of five girls, later relocating to sunny Southern California. From a young child, Jatendra always had a dream to be a Doctor, Author and person who helps others. After graduating with Honors from John F. Kennedy High School, Jatendra continued to reach her educational goals. Affectionately known as Dr. Jaye, Jatendra has an earned Doctorate in Theology preceded by a Master's in Christian Counseling. Dr. Jaye is the owner and operator of Soul Creations Catering, CEO of The Well Encounter offering Counseling & Coaching Services and CEO of 2911 Publishing Co. Jaye is a mother to her gift from God, her son, DJ; she is also a leader in church ministry, a Manager in Surgical Services and a lover of life and people. Dr. Jaye is the Author of "Dead in the Pews", a collaborating Author of "Sounds of Proclamation" and will soon release her third book, "Heal: A Deep Dive into Healing and Deliverance of Emotional Trauma.

One of Jaye's favorite scriptures is found in Isaiah 6:8 - Also I heard the voice of the Lord, saying, Whom shall I send, and who will go for us? Then said I, Here am I; send me.



Re-Entry into society with REVELATION and REDEMPTION after 43.5 years of incarceration. Richard Richard aka “Tabari” is seeking public speaking opportunities to share his life story to give hope to the Lifer’s currently in the prison system and to help at-risk youth to make different choices by not giving into the life of crime for survival. My life story and experiences are communicated based on the following four focused areas: Richard Brothers – Adverse Childhood Experiences, Rising of Richard – Pathway to Prison, Richard Revealed – Life in Prison, and Redeemed Richard – L.I.F.E. 2.O.



La Shaundra Douglas is a Native of Birmingham, AL, Kingdom builder, Anointed influencer, Mother of 3 beautiful children, daughter, sister and friend, aspiring author, identity coach, motivational speaker, entrepreneur and business owner. Pushing others into their destiny by unmasking and unmuting the identity thief in their lives is her life work and passion. Teaching others how to Birth Purpose out of trauma and pain. She is a Lover of learning and good food.

## BREAKOUT INSTRUCTORS



Lady Andrea Wright is an anointed and sought-after speaker on the topic of women's empowerment and psalmist. She stands firm on the belief that humble obedience leads to positions of influence and opportunities to serve.

Lady Andrea has been in public ministry since the age of 9 and ministering to women beginning at the age of 25 serving in a leadership capacity on local, district and state levels within various church denominations. Born and raised in the Church of God in Christ she has been a part of the Apostolic, Baptist, Full Gospel, Non-Denominational and Catholic sectors throughout her life and ministry. Her singing ministry spans 46 plus years having begun at the age of 4 as a result of losing her mother to tragedy. Singing and worship have been her

mainstay.

Lady Andrea's true heart's joy and first ministry is to family. God has blessed her to be the loving and devoted wife of Bishop Edward L. Wright, Jr., Chief Apostle and Presiding Prelate of the Nehemiah Alliance Christian Fellowship International and Church where she serves alongside him in various capacities within each ministry. She is the founder of the Point of Grace Women's Ministry and creator and host of the GraceTalk Podcast. As the founder of Point of Grace, it is her passion and purpose to partner with women to bring them back to their original intent...their Point of Grace!

Lady Andrea is the doting mother of 4 natural children and 5 bonus children along with being the Proud Gaga of 13 amazing grandchildren. She is a strong advocate and proponent of family, sisterhood, and friendship. Having lost her beloved son Gary to gun violence she is keen on spreading the valuable message that God can give you "permission to grieve differently" so that you are not overcome by the loss of loved ones.



Natalia Moore - Jill of many trades with a heart to help. Christian mother of 5 boys and a wife of 15 years; Natalia also includes the title of Mental Health Outreach Specialists, which is an important one. As a nurse in this field, serving our homeless population, she has found that solutions are derived from connection and through compassion. Thusly so, she is also the co-founder of STEPS Transitional Living, offering stability and resources to our unhoused neighbors as they journey towards self sufficiency.

# HEALING CONFESSION

I speak today that HEALING belongs to me. Today, I confess that I've experienced hurt. I've traveled through some dark places. I've expected people to be there and they've failed me. I've even failed myself but God has never failed me. I've let God down but through it all, God is with me. Today, I've made the conscious decision that I will no longer allow what's behind me to hold me captive.

I Cast down every imagination, and every High thing that exalteth itself against the knowledge of God, and I bring into captivity every thought to the obedience of Christ (2 Cor. 10:5)

I decree and declare that I am SET FREE from the things of old.

I decree and declare that I AM HEALED.

Wholeness is my portion.

Healing is my birthright! Today I "BREAK FREE!" I forgive myself and others. I will walk in my healing because by the stripes of Jesus Christ " I AM HEALED!"

# RESOURCES

*Don't do it alone! If you are suffering from depression or any mental illness, please contact someone.*

## **988 Suicide and Crisis Lifeline**

By calling or texting 988, you'll connect with mental health professionals with the 988 Suicide and Crisis Lifeline, formerly known as the National Suicide Prevention Lifeline.

<https://www.fcc.gov/988-suicide-and-crisis-lifeline>

## **Real Moms Live**

[www.realmomslive.com](http://www.realmomslive.com)

323-285-0882

This organization helps families communicate feelings with less anger, frustration and anxiety

REAL MOMS LIVE  
PRESENTS A SERIES ON  
**LOVE & INTIMACY**

TOPIC:  
CREATING INTIMACY IN  
RELATIONSHIPS BY  
DEVELOPING A DEEPER  
CONNECTION WITH  
YOURSELF

TUESDAYS @ 6:30PM      STARTS APRIL 11, 2023  
OFFERED ON ZOOM

TEXT OR CALL FOR MORE  
INFO: 323-285-0882

## **FREE THERAPY**

**FREE FOR 3 MONTHS**

OUR PLACE HEALING HEARTS & BETTERHELP

BRINGING YOU

**FREE THERAPY**

TO REGISTER DM "FREE THERAPY" US ON  
INSTAGRAM @OURPLACEHEALINGHEARTS  
OR EMAIL US AT  
SUPPORT@OURPLACEHEALINGHEARTSFOUNDATION.COM

SCAN TO START THERAPY

- IT'S PROFESSIONAL. ALL THERAPISTS ARE STATE LICENSED  
- IT'S CONVENIENT. WHEREVER YOU ARE - VIA VIDEO, PHONE OR TEXT

OUR PLACE HEALING HEARTS FOUNDATION      betterhelp

GET STARTED TODAY !!! GET STARTED TODAY !!! GET STARTED TODAY !!!





## Things you should know.....

### The Brain's role in Mental Health

- Control memory, learning, senses, and emotions
- Controls and regulates all other body systems(heart, lungs, blood vessels, gastro)
- Billions of nerve cells
- Communicates via special chemical(neurotransmitters)

### Poor Mental Health:

#### HEART/CIRCULATORY

- Increased oxygen demand, blood pressure, blood cholesterol levels and increased risk for developing Coronary Heart Disease

#### DIGESTIVE HEALTH

- Increased cortisol(hormone), risk of diabetes(insulin regulation), acute/chronic acid reflux, diarrhea, & constipation, and unhealthy changes in eating habits(weight gain/loss)

#### IMMUNE SYSTEM

- Increased risk for viral infections(flu and common colds), decreased natural & hormonal immune response, fatigue, lethargy, and faster disease progression(HIV AND CANCER)

**PLEASE TAKE CARE OF YOUR MENTAL HEALTH. YOUR LIFE DEPENDS ON IT.**



## **Bible study/Prayer via Conference Call**

*City of God Church*

Tuesday night's @ 7pm

857.777.7110

*Women Prayer Call via Zoom*

Wednesday Morning's @ 5am

Meeting ID: 897 5645 9140

Passcode: 831823

*Plugged-In Intercessory Prayer*

Weekdays @ 6am

206.806.9971 or 848.777.1212 Pin #3103572

## STANDING SCRIPTURES

### *John 10:10 King James Version (KJV)*

*The thief cometh not, but for to steal, and to kill, and to destroy: I am come that they might have life, and that they might have it more abundantly.*

### *Deuteronomy 31:6 King James Version (KJV)*

*Be strong and of a good courage, fear not, nor be afraid of them: for the Lord thy God, he it is that doth go with thee; he will not fail thee, nor forsake thee.*

### *Romans 9:11 (NLT)*

*But before they were born, before they had done anything good or bad, she received a message from God. (This message shows that God chooses people according to his own purposes;*

### *1 John 3:2 (NLT)*

*Dear friends, we are already God's children, but he has not yet shown us what we will be like when Christ appears. But we do know that we will be like him, for we will see him as he really is.*

### *John 8:36 (NLT)*

*So if the Son sets you free, you are truly free.*

### *Isaiah 54:17 (NLT)*

*But in that coming day*

*no weapon turned against you will succeed.*

*You will silence every voice*

*raised up to accuse you.*

*These benefits are enjoyed by the servants of the Lord;*

*their vindication will come from me. I, the Lord, have spoken*

## *Psalm 27*

*A psalm of David.*

*The Lord is my light and my salvation—*

*so why should I be afraid?*

*The Lord is my fortress, protecting me from danger, so why should I tremble?*

## *Psalm 51:10 (NLT)*

*Create in me a clean heart, O God. Renew a loyal spirit within me.*

## *Psalm 34:18-19 (NLT)*

*The Lord is close to the brokenhearted;*

*he rescues those whose spirits are crushed.*

*The righteous person faces many troubles,*

*but the Lord comes to the rescue each time.*

*1 Peter 2:9 (NLT)* *But you are not like that, for you are a chosen people. You are royal priests,[a] a holy nation, God's very own possession. As a result, you can show others the goodness of God, for he called you out of the darkness into his wonderful light.*

*Jeremiah 32:27 (NLT)* *"I am the Lord, the God of all the peoples of the world. Is anything too hard for me?"*

*Jeremiah 1:5 (NLT)* *"I knew you before I formed you in your mother's womb. Before you were born I set you apart and appointed you as my prophet to the nations."*

*Proverbs 18:22 (NLT) The man who finds a wife finds a treasure and receives favor from the LORD”*

*Psalm 139:14 King James Version (KJV) I will praise thee; for I am fearfully and wonderfully made: marvellous are thy works; and that my soul knoweth right well*

*Romans 12:2 New Living Translation (NLT) Don't copy the behavior and customs of this world, but let God transform you into a new person by changing the way you think. Then you will learn to know God's will for you, which is good and pleasing and perfect.*

*2 Corinthians 10:5 We are destroying sophisticated arguments and every exalted and proud thing that sets itself up against the [true] knowledge of God, and we are taking every thought and purpose captive to the obedience of Christ,*

*Ladies,*

***Let's Speak Positive things over our lives***

I am powerful

I am attractive

I am intelligent

I am strong

I am valued

I am creative

I am fearfully and wonderfully made

<http://www.the-benefits-of-positive-thinking.com/>

*We know that death and life is in the power of the tongue: and they that love it shall eat the fruit thereof. **Proverb 18:21***

***SPEAK AFFIRMATION OVER YOUR LIFE DAILY***

*Men,*

*You are necessary! You are needed! You are a King! Your feelings matter! You can show your emotions, it doesn't make you weak.*

***GOD HAS CALLED YOU TO BE THE HEAD AND NOT THE TAIL. ALWAYS REMEMBER THAT!***









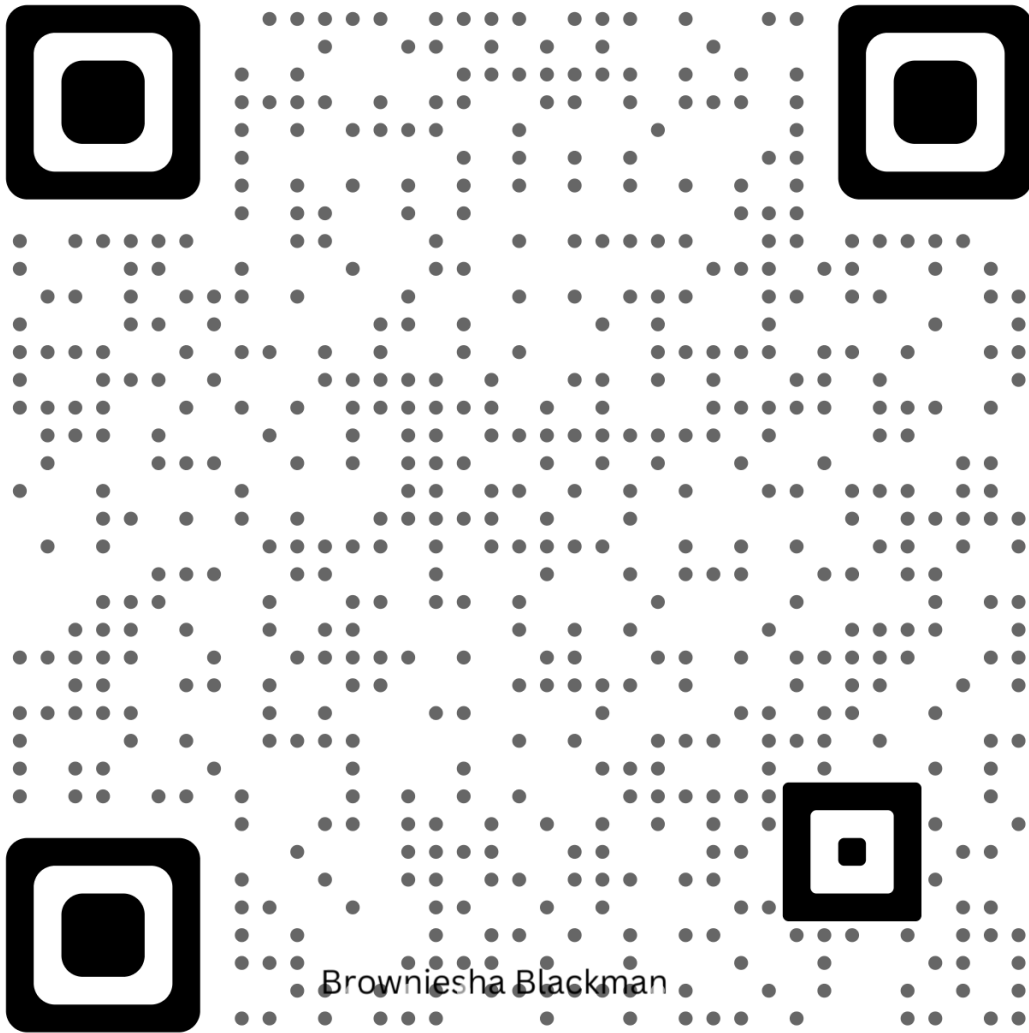


**STAY CONNECTED!!!!**

Here's our ministry website



Connect to Browniesha Blackman for  
Coaching and Mentorship.



Browniesha Blackman