



RESILIENCE IN MENTAL HEALTH. TURNING MISERY INTO MAGIC

SATURDAY
05.21.22

WELCOME

11:00 am - 11:30 am

Pamela Meredith Hamilton, Founder of The Hamilton Exchange

HEALTH AND WELLNESS SESSION

11:45 am - 12:15 pm

Supporting the Mind Through Physical and Emotional Wellness

David Johnson, Certified Personal Trainer

Patricia Hardy, Founder & Chief Coaching Strategist for Prevalent Hope Coaching & Consulting LLC

MOTIVATIONAL SPEAKER

12:25 pm - 12:55 pm

Growing Where Planted

Dr. Ashley Elliott (Dr. Vivid)

Doctor of Clinical Psychology, Mental Health Educator, Motivational Speaker, Author

DOMESTIC VIOLENCE SESSION

1:00 pm - 1:30 pm

Unfinished Masterpiece

Artaga Carey, Domestic Violence Survivor and Motivational Speaker

JoShirlon Hargrove Capehart (Mrs. JSpire) Motivational Speaker

Host & Creator of JSpirations Live Online Radio Show and JSpirations Live Facebook podcast

LGBTQIA+ SESSION

1:40 pm - 2:10 pm

A VIVID Conversation

Dr. Ashley Elliott (Dr. Vivid)

Doctor of Clinical Psychology, Mental Health Educator, Motivational Speaker, Author

Q&A

2:15 pm - 2:30 pm

All of the conference speakers will be available to answer questions during this time.

CLOSING

2:40 pm -- 3:00 pm

A Quick Look Back

Pamela Meredith Hamilton, Founder of The Hamilton Exchange