

Conference Schedule

Wednesday, September 23, 2020 (3 pm - 8 pm)

3 pm – Welcome

3:10 pm — Session (Created for Connection with Joanna Daniel)

Workshop — No fifty shades here – The impact of sexual trauma on intimacy

- Story time with Joanna – talking about her book ‘Shattered but not broken’
- Details of her healing journey and reading special parts of her book
- Q&A
- Testimony (recovery from domestic abuse)

(Participants have a choice of workshops. All attendees will get a recording of all the sessions.)

5pm to 6 pm — Session (Overcoming fear with licensed Clinical Psychotherapist, Kenyuatia Gash)

In this session Kenyuatia will break down the role fear plays in holding us back when we experience trauma.

Workshop – Overcoming negative emotions with Counsellor, Shantonia Lewis

8 pm - Wrap up and goodbye

See you on day two...

Thursday, September 24, 2020 (3 pm - 8 pm)

3 pm — Welcome

3:10 pm to 4:00 pm — Story time (Overcoming narcissism)

Many women want to leave an abusive relationship but aren't sure how and how to heal after they've left. This is a moving story of how Cheryl made the decision to leave and the things she is doing to heal.

4: 10 — Break

4:15 pm to 5 pm — Goal setting workshop with Counsellor, Roxan Gardner

Get focused strategies to help with setting goals to plan your next steps, whether that is your healing journey or life in general. Come and get unstuck.

5:10 pm to 6 pm – Forgiving what you can't forget with Author and Therapist, Alison Awuku

Forgiveness is a hot topic and we are not trying to sway you either way but in this workshop you will learn some tools to help with making the decision.

6:10 pm to 7 pm — A brand new kind of me! Restored and renewed with Therapist and Restoration Expert, Chate Thompson

7:10 pm to 8 pm — Q&A with Joanna Daniel

See you on Sunday...

Sunday, September 27, 2020 (12pm – 2 pm)

12 pm — Welcome

12:10 pm to 1:10 pm — Relax with our special guest, Michelle Nicole Art

1:15 pm to 2 pm — Music and wrap up