

The Mother Emanuel Empowerment Center Presents

A Wellness Series

For survivors and victims and their families; congregants, first and second responders; and others impacted by the Mother Emanuel Tragedy to gather to learn valuable information for healing and recovery, to spend time with one another, and to get connected to additional resources.



HOPE, HEALING & HEALTH

Each Topic Will Be Presented
twice: Wednesdays- 5:30
p.m. to 6:30 p.m.
&
Fridays-12:30 p.m. to 1:30
p.m.

Topics:

Understanding Trauma & PTSD	3/29 & 3/31
Moving from Grief to Peace-Male & Female Differences	4/5 & 4/7
Reducing Stress in Challenging Times	4/12 & 4/14
How to Parent Your Child After a Tragedy/Traumatic Event	4/19 & 4/21
How to Support Your Family & Keep Your Relationships Healthy	4/26 & 4/28
Fun & Feelings: Proven Strategies to Boost Resilience	5/3 & 5/5
Basic Self-Care Skills	5/10 & 5/12
Mindfulness Skills for Everyday	5/17 & 5/19
The Sovereignty of God	5/24 & 6/2
Coping with the Anniversary	6/7 & 6/9
Separation Anxiety After Grief	6/21 & 6/23
How to Make a Living Memory of Your Loved One	7/12 & 7/15
Financial Support/Budgeting	7/19 & 7/20
Establishing A Non-Profit	7/25 & 7/28

To Register, please visit www.motheremanuelsupport.org or contact Niaget Jackson at 843-724-9035 or for additional information or questions, please contact Tenelle Jones at 843-364-7798 or jonesten@musc.edu

All events are tentatively scheduled to be held at 106 Calhoun St. Charleston, SC. 29401