

2ND ANNUAL

POWERFUL PARENT CONFERENCE

MERRITT COLLEGE | OAKLAND, CA

2019 THEME:
**ACTIVATING
RADICAL
HEALING**

Strategies &
Resources
to Liberate
Families of Color

MARCH 9, 2019 SCHEDULE AT A GLANCE:

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| 9:00-10:00 | REGISTRATION & BREAKFAST |
| 9:30-10:00 | DRUM CIRCLE WITH BRO. KELE
Please Join in! |
| 10:00-10:30 | OPENING PRAYER & WELCOME
Children go to <i>MELANATED ACTIVITIES</i> for Youth |
| 10:30-11:00 | SHAWN GINWRIGHT, PhD KEYNOTE ADDRESS W/ Q & A
Topic: "Perfectly Imperfect Parenting"
Dr. G is a Father, Husband, Author, Activist,
Educator & Founder of Flourish Agenda |
| 11:15-12:45 | WORKSHOP BREAKOUT SESSION
See Descriptions on Back |
| 1:00-2:00 | LUNCH, TABLE TALKS, FAMILY ART SHOW
& VENDOR VILLAGE BEGINS |
| 2:00-2:45 | FILM SCREENING: SO BEAUTIFUL
Produced by 393Films |
| 2:45-3:00 | ZUMBA WITH SIS. DAWN |
| 3:00-3:45 | COLLECTIVE HANDS OF HOPE ACTIVITY |
| 3:45-4:00 | CLOSING GRATITUDE CEREMONY & RAFFLE |



Organized By:



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CARMA-INSPIRED WORKSHOP OFFERINGS

CULTURE "RITUALS: THE SACRED PRACTICE OF HEALING"

Jason Seals | Ethnic Studies Chair, Merritt College | jasoneseals@gmail.com

This workshop will highlight the importance of culturally influenced healing. Participants will explore the process of healing and the state of wellness through rituals. Participants will engage with cultural practices that illuminate the spirit and provide restoration.

AGENCY "CULTIVATING CAPACITY AND INTENTIONAL INFLUENCE"

Chris Pearson & Celana Ahtye-Pearson | Be Well Natural | www.bewellnatural.com

As parents we spend a great deal of our lives encouraging and lifting up our children with ideas, experiences, and insights that foster self determination. As holistic health practitioners we will share practical tools for healthy exploration while developing definitions of agency; ranging from selfless service to selfish indulgence. During this cypher, we will explore deliberate habits that both model and support self determination and interdependent households.

RELATIONSHIPS "HEALING ALL OUR RELATIONS"

Falilah Aisha Bilal | Transformative Movement Consultant | falilah.bilal@gmail.com

This workshop will allow parents to explore the quality of our relationships and the ways we relate to our children. We will explore how our unresolved issues can negatively impact our relationships. Using the Radical Healing model, we will continue to heal and enhance our relationship with our children and ourselves. Parenting is a journey! Join us!

MEANING "STILLNESS FOR URBAN PARENTS-PERSONAL WELLNESS & SELF CARE TOOLS"

Tina Bathsheba Harambe | Inner Work Collective | tinaharambe8@gmail.com

This Stillness for Urban Parents Workshop engages parents in mindful moments of stillness. This experimental workshop focus on the parent/s needs only. With an inspired sense of meaning and purpose, parents are prepared to care for their children and for their own self care. Child + Parent = Wholeness. Mind, Body, Existence!

ASPIRATIONS "MEANINGFUL FAMILY MISSIONS: IMAGINE, ASPIRE & MANIFEST!"

Sizwe Andrews-Abakah | Spearitwux | www.spearitwux.com

Each day we actively create our realities, whether we are intentional or not. In this workshops, we will explore our family values and create a family mission statement as a guiding tool of our family. Come discuss manifestation strategies so we can live the life we love and love the life we live!



GIVE THANKS to the Most High Creator, to our Ancestors and Family, and to all the workshop facilitators, vendors, volunteers, thought partners, supporters, participants, and organizations that helped make this 2nd Powerful Parent Conference happen, including **YOU!** We are honored by the collective genius and dedication to healing and transforming our communities! Please stay connected to those you love, to those you've just met, and speak life to the future we must create!

Join us for the more Experiences to Transform Lives:

- Stretch Marks: Black Mamas & Daughters Brunch - 5.11.19
- Be Well Brotha! - Youth Led Ubuntu Wellness Summit - Summer 2019

For more info: www.spearitwux.com | Spearitwux@gmail.com | FB/IG: Spearitwux

SPEARITWUX: CREATING EXPERIENCES TO TRANSFORM LIVES

