



BALANCING ACT

Guest Speaker: Day Bibb - Om Thrive Yoga

The mission of Om Thrive is to provide healing yoga practice to survivors of domestic violence and underserved communities of color.

“You’re Not Alone” Culturally Specific Support Group

April 16, 2020, 11:00 – 12:00pm

PURPOSE

Balancing Act: We all have lived experience, let's share it in a productive manner. Whether you identify as a culturally specific consumer and/or provider -Join in on conversations and interviews with local individuals that uplift the lived experience of local Black and/or African Americans. Let's validate resiliency and our journeys!

CONTACT

HOTLINE: (503) 972 - 3698

WEBSITE:

www.selfenhancement.org

EMAIL:

healingspace@selfenhancement.org

HOSTS

Alexandra Appleton
Joyclyn Bell
Betty McAllister

FEEDBACK FORM:

[Feedback Survey](#)

WELCOME INSTRUCTIONS

Technology & Prep Google Hangouts

[Live Hangout Link](#)

Join by Phone: **(US)+1 269-820-1124** PIN: 231 881 380#

Open Mind & Self-care

Think about creative and respectful ways to compassionately communicate and uplift panelists and participants during group dialogue (i.e.: jazz hands, flash cards, art, etc.)

Deeper Dive:

Reflect on your lived experience. What events have added texture to your life? What are your dreams? How has your identity evolved over time and/or not evolved? Who has influenced you? How and why?

Want an opportunity to participate in the live forum?

Email: healingspace@selfenhancement.org. In the subject box write: “Om Thrive” with name and questions. (Note: Not all individuals that respond will have the opportunity to share).

BALANCING ACT AGENDA

Introduction

11:05-11:15 am -SEI, ADSV

Dialogue

11:15-11:30 am - Day Bibb/Om Thrive & Alexandra

11:30 am- “Replenish Our Vessels”

11:40-11:55 am- OmThrive & Public/Day Bibb

Conclusion-

11:55 -12:05 pm- Community Garden/ Alexandra & ADSV

