



SISTER FRIEND



EMPOWERMENT EXPO

KEYNOTE SPEAKER

NATIONAL RECORDING ARTIST

JEKALYN CARR



HOSTED BY INSTAGRAM SENSATION

NOT KARLTON BANKS



Mount Harmony MBC Church

Dr. Robert L. Handley Life Center | 812 East Harding | Pine Bluff, AR 71603

Empowerment • Resiliency • Faith • Overcomer

FRIDAY, APRIL 5, 2019 • SATURDAY, APRIL 6, 2019

VENDORS, HEALTH SCREENINGS AND SEMINARS

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**APRIL
5TH-6TH
2019**

EMPOWERMENT EXPO
Mount Harmony MBC Church

Dr. Robert L. Handley Life Center | 812 East Harding | Pine Bluff, AR 71603



Greetings from the Founder

Welcome to the 2nd Annual Sister Friend Empowerment Expo 2019 from the President and Founder of REFORM, Inc. and SFEE Visionary Melrita M. Johnson, LMSW

With joy, thankfulness, excitement and humbleness we are proud to announce and welcome all attendees, speakers, vendors and sponsors to the 2nd Annual Sister Friend Empowerment Expo in the fabulous city of Pine Bluff, AR. We appreciate your support and attendance on last year and look forward even the more to this upcoming year's events.

REFORM, Inc. prides itself on making an impact in the lives of youth and families by offering tools needed to overcome obstacles and empower them to achieving their goals and aspirations. We all know that takes time, dedication and funding. We appreciate you for your encouragement, prayers, acts of kindness and donations to ensure this event is a success. We would also like to thank each of you for supporting us over and over in each of our requests made to you. Know that we do not take our charge lightly and we appreciate you being behind us.

Each sponsor, volunteer, speaker, Board member, coordinator, intern, and attendees, THANK YOU for believing in our mission and in us to accomplish our goal to make this world a better place. We know without God, none of this would be possible and He has done exceedingly and above all we could ask or even imagine.

This year the SFEE has expanded triple from 2018. We now have 3 tracks: Attendees, Clinicians, and Youth. The Youth track is thanks to ACCESS, its Board, and its Executive Director Annie Jasper. We will have health screening, speakers, vendors, entertainment, educational sessions, door prizes and more.

This is all made possible due to our sponsors, Arkansas Department of Health, D'zirable Events and Designs, Integrity Health Care, LLC., Pine Bluff Advertising and Promotion Commission, Arkansas Minority Health Commission, The Chosen One Professional Services, LLC., Stuff in the Bluff, Chi Eta Phi Nursing Sorority, Inc. Mu Chi Chi Chapter, SLW Technology Group and again ACCESS. We pray after the weekend of April 5-6, 2019, something will again be done or said that ignites a flame within you that will be then paid forward. Always remember, Dreams Do Come True with Proper Support, Planning and Action.

Yours truly,

Melrita M. Johnson

Melrita Maechel Johnson, LMSW
President and Founder of REFORM, Inc.



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About Reform Inc.

REFORM, INC. (**Resiliency. Empowerment. Faith. OverComer**), a 501c3 non-profit corporation whose purpose is to empower transitional independent-aged youth and young adults from ages 10-24, as we prepare them with the skills and knowledge needed through education, life skills and vocational training to become leaders of tomorrow.

It was incorporated April 2013 and is currently based out of Pine Bluff (Jefferson County), Arkansas.

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NATIONAL GOSPEL RECORDING ARTIST

Jebalyn Carr

**CONGRATULATIONS ON
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2019 THREE TIME STELLAR GOSPEL MUSIC AWARD

WINNER:

ALBERTINA WALKER FEMALE VOCALIST OF THE YEAR
TRADITIONAL FEMALE VOCALIST OF THE YEAR
TRADITIONAL CD OF THE YEAR



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KARLTON
"NOTKARLTONBANKS"
HUMES



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Honoree Resiliency Award

AUDREA JOHNSON

Audrea Johnson is the daughter of the late Joe L Bullard and Lorraine Bullard of Pine Bluff, AR. Born November 20, 1987. She attended Pine Bluff School District and attended UAM. Audrea is employed by the Dumas School District

She is married to Robbie Johnson Sr. Together they have 4 children. In 2016, she was diagnosed with Stage 4 Multiple Myeloma. This greatly impacted her life and her faith-walk.

By doctors' orders she stopped working in the school system but never stopped working in ministry. She is a member of Travelers Rest Missionary Baptist Church under the leadership of James Lee. She serves as an associate minister.

Mrs. Johnson is the lead singer of The Heavenly Hearts of Dumas, AR, and is the founder of Heart2Heart Ministries, a non-profit organization that reaches to hearts of the people of God by way of preaching prayer giving and helping.

Last year, she was given 6 months to live, but it's by the grace of God she is still here. She is indeed "Chosen for this". She wants her life to be a light that reflects Christ and nothing more.

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Honoree Empowerment Award

DR. JOCELYN ELDERS

Jocelyn Elders was born on August 13, 1933 in Scaal, Arkansas. She was the daughter of sharecroppers but despite growing up in poverty, she graduated as valedictorian of her high school class and became the first in her family to attend college, the first person in the state of Arkansas to become board certified in pediatric endocrinology, and the first African-American public health administrator. In 1993, she became the 15th United States Surgeon General, making her the first African American and only the second woman to hold the position. Her controversial opinions about sexual health, including her U.N. conference statements regarding masturbation, caused great controversy, and ultimately led to her forced resignation. Elders is currently a professor emerita of pediatrics at the University of Arkansas School of Medicine and participates in numerous public speaking events promoting the legalization of marijuana and improvements to sexual education and public health.

While obtaining her medical degree from the University of Arkansas and giving physical examinations to the local high school basketball team, she met her husband, Oliver Elders, who was the basketball coach. Within two months, the couple married in 1960. They have two sons, Eric, born in 1963, and Kevin, born in 1965.

Accomplishments

First African-American U.S. Surgeon General

In September 1993, then-president Bill Clinton appointed Elders as the 15th United States Surgeon General, making her the first African American and only the second woman (following Antonia Novello) to hold the position. During her brief time as U.S. Surgeon General, she continued her open, frank, and often controversial crusades for improving sexual health education. Elders also helped develop the Office of Adolescent Health, which is now part of the Department of Health and Human Services. She advocated for increased access to health care and assistance for drug and alcohol abuse to her list of major concerns as well as the legalization of marijuana and other drugs. On these fronts and others, Elders was ahead of the curve on many public health issues that we have seen come to fruition today.

At a 1994 United Nations Conference, her controversial statement about masturbation as "a part of something that perhaps should be taught" to prevent the spread of HIV and AIDS among teens led to her forced resignation. After serving only 15 months as U.S. Surgeon General, Elders resigned in December 1994.

Lifelong Activism in Sex, Drugs, and Healthcare

During her early work as a physician and pediatric endocrinologist, Elders was treating adolescents with juvenile diabetes when she began to take notice of the extreme dangers of early pregnancy for diabetic girls. Elders then began teaching her young patients about the importance pregnancy prevention, providing them with birth control and condoms. Throughout the next several decades, she published well over a hundred papers related to juvenile diabetes and sexual behavior and dedicated her life to public health and access to sexual education.

In 1987, then-governor Bill Clinton appointed Elders as Director of the Arkansas Department of Health, making her the first African-American woman to hold this position. Always an advocate for adolescent health and responsible decision-making, Elders was branded a "rabble rouser" by president of the Arkansas Medical Society due to her controversial opinions on sexual education and birth control. She was even given the nickname the "condom queen" because she kept a "condom tree" on her government desk. During her time in office, she successfully reduced teen pregnancy, expanded the availability of HIV services, and worked hard to promote sex education. In 1992, she was elected President of the Association of State and Territorial Health Officers and a year later, appointed as U.S. Surgeon General.

Awards

Elders is the recipient of numerous awards including the Woman of Distinction Award from Worthen Bank, the Arkansas Democrat's Woman of the Year, the National Governor's Association Distinguished Service Award, the American Medical Association's Dr. Nathan Davis Award, the De Lee Humanitarian Award, the National Coalition of 100 Black Women's Candace Award for Health Science, and the Career Development Award from the National Institute of Health. Elders was also featured in the Changing the Face of Medicine exhibition, which honors the lives and accomplishments of women in medicine, and is featured in the Arkansas Women's Hall of Fame.

In 2016, the "Jocelyn Elders Clinic" was launched by Brighter Brains Institute, a USA nonprofit, to serve students attending Garama Humanist Secondary School in the village of Kisinga, in western Uganda. In the spirit of Dr. Elders' work, the Clinic offers sex education classes, free male and female condoms, free AFRIPads (washable, reusable sanitary pads that last for one year), and medicine for common diseases (malaria, parasitic worms, peptic ulcer disease, infections, etc.). Elders currently participates in numerous public speaking events promoting the legalization of marijuana and improvements to sexual education and public health. Elders is also active in fight for racial equality in medicine.

Education

Elders was the first in her family to attend college and she did so at age 15 on an earned four-year scholarship with assistance from her brothers and sisters who picked extra cotton to help pay the \$3.83 bus fare she needed to get to school every day. In 1952, she received a B.S. in Biology from Philander Smith College in Little Rock, Arkansas. Her original plan was to become a lab technician but after hearing a speech by Edith Irby Jones, the first African-American student at the University of Arkansas School of Medicine, Elders — who hadn't even seen a doctor until she went to college — decided she wanted to become a physician "to improve the lives of children."

Elders went on to work briefly as a nurse's aide at a Veterans Administration hospital in Milwaukee and then joined the U.S. Army's Women's Medical Specialist Corps in 1953. She was the only African-American person in her class at Brooke Army Medical Center at Fort Sam Houston in San Antonio, Texas. She was stationed at Letterman Army Hospital in San Francisco, treating wounded soldiers returning home from the Korean War. In April 1954, Elders was licensed as a physical therapist and transferred to Fitzsimmons Hospital in Denver where she treated President Dwight D. Eisenhower after his 1955 heart attack.

Discharged from the U.S. Army in 1956, Elders went on to attend the University of Arkansas Medical School with assistance from the G.I. Bill. As 1 of 3 African Americans at the time of her entry into medical school, Elders was not allowed to eat in the "whites only" cafeteria. Despite the systematic racism she experienced, Elders obtained her M.D. in 1960 and M.S. in Biochemistry in 1967. In 1978, Elders became the first person in the state of Arkansas to receive board certification as a pediatric endocrinologist. Dr. Elders graduated from the University of Arkansas Medical School and then became its first African-American resident, its first African-American chief resident, and finally its first African-American professor. Elders worked at the University of Arkansas School of Medicine as an assistant, associate, and full professor of pediatrics from the 1960s to 1987 and later returned as a professor emerita.

Elders told her life story in the autobiography, *From Sharecropper's Daughter to Surgeon General of the United States of America* (1997).

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Honoree Faith Award

HILDA B. MAY

Mrs. Hilda May was born and raised in Kinder, Louisiana, where she graduated from Carver High School. She graduated from Lane Bryant Business College in Chicago and later attended college at Mt. San Antonio College in Pomona, California. Mrs. May moved to Pine Bluff, Arkansas, from California and married Walter C. May in 1969. Together they have four children -- three sons (Walter Jr., Arnett Raphael, and Kenric Orlando—deceased) one daughter—La'Leata May-Westbrook). They were blessed to be the grandparents of seven grandchildren and one-on- the-way—four boys (Malachi, Michael, Arnett Jr. (A.J.), and Asher. They have three girls Destiny, Cassia, Christian and a special little girl we love and consider our granddaughter too, Diamond Douglas.

It is through the grace of God who has blessed them to live long enough to see generations of young people who lovingly refer to them as Mama and Daddy or Grandma and Papa and consider them their children. They have had them in their lives for many years and now their children are a part of their lives.

Mrs. May credits God for the spiritual enrichment gained by her interaction with young people throughout their ministry. She was employed in Chicago, Illinois and Pomona, California as a financial officer. In 1972, she was employed three years at UAPB in the Student Affairs Department. She decided to further her education and matriculated at the University of Arkansas at Pine Bluff and graduated in 1980 with a B. S. Degree in Accounting, and did further study at the University of Arkansas at Fayetteville.

Mrs. May was employed in the Altheimer School District for three years. Mrs. May secured employment with the University of Arkansas at Pine Bluff until her retirement in 2007. Currently Mrs. May serves as President of Women's Auxiliary of the Consolidated St. Marion Baptist District Association where the objectives are to promote the gospel of Jesus Christ and advance missionary work, Christian education, and to help encourage in the enlistment of young people in the Christian work in our district churches. Additionally, the Women's Auxiliary serves as a teaching tool and informational outlet for women in areas relating to health, family, finances, Christ centered living, social and community activism and dedication to their local Church families while adhering to the Great Commission Matt. 28:19-20.

Mrs. May is a member of the Kings Highway Missionary Baptist Church where she serves as Sunday School Teacher (Class 7) and Teacher for Midday Bible Study. She also serves as Advisor to the Women's Missionary Society and Christian Education Department. Married to Rev. Walter C. May, Sr. for forty-eight year, together they have served the Kings Highway congregation for 24 years as Pastor and wife until his death in 2018.

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Honoree • Overcomer Award

CRYSTAL BOOTH

Being conceived only 1 month after the birth of her brother, Crystal's life began on the wrong foot. Around age 8, her father (Hero) left the home. Devasted she continued on being the sassy and smart little girl she had always been. At age 10 she was molested by a family member and age 12 she was raped by a family friend. By this time, she came to a startling conclusion, every man that should have protected her harmed her in some way. The vengeance of scorned began. At age 13, trying to battle doing the right thing, she then determined that suicide was her best bet. After many failed attempts, she decided sex would ease her pain. Crystal at the age of 14 became very promiscuous. By age 16, she became pregnant and dropped out of school.

The lifeline from God began! Crystal's mom worked for a lawyer who refused to let that be the end of Crystal. He went to court and filed for her to but court ordered to take GED classes and he won. Upon starting classes, the teacher noticed that Crystal wasn't just smart, she was extraordinarily smart. So because Crystal was about 7 months pregnant she didn't want to wait. She signed off for Crystal to take the official GED test and Crystal passed and received a scholarship to start classes at Mid-South Community College. Still confused and still lost Crystal went to class and received her CNA License then followed by CDA License and currently 30 hours away from Graduating from her Bachelor's in Business with a minor in Non-Profit work.

So many people tried to help along her journey. Prior to her daughter's birth, Mrs. Linda Fields, Mrs. Kelly Moore, Mrs. Langford, Mr. and Mrs. Gray, Coach Ball, Dr. Palmer Quarrells, Mr. & Mrs. Stringfellow, Dr. Lonnie Williams, Mrs. Barbara Reid, and all of Y.O.U youth camp. After birthing her daughter, Crystal realize she had to want help. She finally prayed that God would help her to protect her daughter. At this stage in her life, she thanks her parents David Bohanon and Lavel Weatherspoon. Her brother David Weatherspoon and her other siblings. Her best friends Kesha Brewer and Linda Roberts. Her A-Team partner Casie Weatherspoon. Next are the MVPs in her life because only God knows the value of their help in her journey to recovery both naturally and spiritually. Her husband Willie Booth Jr and her children Trinity, Tashlee, Tytionna, Tamyia, Ronzell, Taleeah, and Asher. Dr. Steven and Pastor Lydia Nance, and Pastor Harry and Minnie Alexander.



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Agenda

FRIDAY, APRIL 5, 2019

Pre-Conference

Track 2- 745AM-545PM
Vendor Set up 8:00 AM

Vendors can begin at 9AM End at 10PM
Night of the Performing Arts
7:00 PM doors open at 6PM
Hosted by Karlton "Not Karlton Banks" Humes
Track 1, 2, 3 and Open to the Public "I Am Chosen For This"
Ends about 1030 PM

Honorees

Resiliency: Mrs. Audrea Johnson
Empowerment: Dr. Joycelyn Elders
Faith: Mrs. Hilda May
Overcomer: Mrs. Crystal Weatherspoon-Booth
Musical Director: Mr. Michael Ridgell

Order of Program

Opening
Introduction of Master of Ceremony
Special Performance- New Horizon Choir- Fordyce, AR
Prayer-Rev. Aaron L. Johnson, Pastor of Liberty Hill MBC, Pine Bluff, AR
Welcome & Purpose-Dr. Patricia Wilkerson, LCSW- REFORM, Inc. Board Member
Special Performance- New Horizon Fordyce, AR



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Introduction of Honorees

- 1. Pamela Russell- Mrs. Andrea Johnson**
Presentation
Song-Heavenly Hearts of Gould, AR
- 2. Yolonda West Calvin - Dr. Joycelyn Elders, Former US Surgeon General**
Presentation
Special Performance- Mr. Michael Ridgell, Pine Bluff, AR
Introduction of Sponsors- LaBrenda Thomas, LCSW REFORM, Inc. Board Member
Introduction of Board and Coordinators- Introduction of Day 2 Speakers- Madeline Jones, REFORM, Inc. Intern
Presentation on Depression- Lorenzo P. Lewis-The Confess Project
- 3. Lady Joyce Murry- Mrs. Hilda May, Kings Highway MBC**
Song and Presentation- Kings Highway MBC
- 4. Jamia Bennett, REFORM, Inc. Intern -Mrs. Crystal Weatherspoon-Booth**
Special Performance-Mr. Michael Ridgell, Pine Bluff, AR

Remarks and Conference Call to Order

Mrs. Melrita M. Johnson, LMSW
Founder and President of REFORM, Inc.
Visionary and Coordinator of the Sister Friend Empowerment Expo
CEO-The Chosen One Professional Services

Benediction

SATURDAY, APRIL 6, 2019

Doors open at 8AM
Vendors Arrive at 7AM
Expo Begins at 9AM and ends around 5PM
Separate Tracks in the morning... after lunch all three tracks come together for Jekalyn Carr
Vending begins at 9AM and ends at 5PM

Moderator, Lady Rhonda Gordon-Forte
Greater St. John Missionary Baptist Church Greenville, MS

Opening

Introduction of the Moderator
Song
Prayer
Welcome
A Word From Our Sponsors



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5TH
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Conference instructions and divide to your area

Track 1: (Lunch on your own)

Introduction of Speaker

Speaker 1: Evangelist Yolanda James

Introduction of Speaker

Speaker 2: Dr. Chasity Dean-Anthony

Break

Introduction of Speaker

Speaker 3: Branding, Marketing and Technology Solutions Expert Shaunda Williams

Introduction of Speaker

Speaker 4: Fashion Designer Linda Rowe Thomas

Track 2: 8AM-12PM Lunch on Your Own

Track 3: 9AM-12PM (Lunch will be served)

Break for Lunch 1200PM-130PM

Call to Order

Introduction of Keynote Speaker

Song-Miss Elise Brazile, West Memphis, AR

Keynote Speaker-Minister Jekalyn Carr, National Gospel Recording Artist

Altar Call- Minister Jekalyn Carr

Remarks from Minister Jekalyn Carr

Remarks and thank you from Melrita M. Johnson, LMSW

Benediction



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Agenda

SATURDAY, APRIL 6, 2019

Track 1 Speakers: (Moderator: Mrs. Rhonda Gordon-Forte)

Dr. Chasity Dean-Anthony
Linda Rowe Thomas
Shaunda Williams
Yolanda James

Track 2 Speakers:

Dr. John Miller, LMSW
Dr. Patricia Wilkerson, LCSW
Myra L. Summers-Woolfolk
Brandi Rogers, LCSW
Andre Jones, LCSW
Veronica Paulson McClane, LCSW
Kimberly Key-Bell, LCSW
Merideth Johnson, LCSW

Track 3: Presented by ACCESS, Inc.

Guest speakers are from "Choosing to Excel"

Conway Arkansas
Mrs. Thelma Moton, Director

Marco West
Christel West
Robert Butler



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5TH-6TH
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www.accessincorporated.net Website



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6003 South Cedar Pine Bluff, AR 71603 Mailing Address
870.329.4730 Contact Number
www.chietaphi.com Website



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Chief Executive Officer

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www.slwconsult.com Website

Email shaunda@slwconsult.com for a free consultation or visit the booth
**All flyers, promotional materials and REFORM, Inc. website were
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Owner and Operator

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Melrita M. Johnson, LMSW

Owner and Operator

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PO Box 2077 Pine Bluff, AR 71613 Mailing Address

askmelritamjohnson@gmail.com Email



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Kim Jones-Snead, Owner/Operator

www.stuffinthebluff.com Website

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870.872.6485 Contact Number

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**know
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Get Tested. Get Treated For HIV & STDS.



Arkansas Department of Health
Center for Health Protection
Infectious Disease Branch
4815 West Markham Street Slot-33
Little Rock, Arkansas 72205-3867
Office 501.682.6990
Cell Phone 501.218.4693
Toll Free 1.888.499.6544
Fax 501.661.2082
<http://www.healthy.arkansas.gov>



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5TH-6TH
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Greater Ward Chapel AME Church

3700 West 6th Avenue
Pine Bluff, Arkansas 71601
870-535-1324 Phone
gmcame@att.net Email



**APRIL
6TH
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Mistress of Ceremony

LADY RHONDA FORTE

Lady Rhonda Norman Forte, the daughter of Honorable Bobbie Norman-Thomas and the late Bro. Broda Norman, was born April 24, 1974, in Pine Bluff, Arkansas. She was educated in the Dumas Public School System where she graduated from Dumas High School in 1992. Upon graduating, Lady Forte continued her educational pursuits with studies at University of Arkansas at Pine Bluff, Henderson State University and her current matriculation at the prestigious Strayer University that will yield a Degree in Business Administration with a concentration in Human Resource in 2020.

Her work career has expanded from working as a correctional officer in a high security prison to her present employment at Arkansas Blue Cross BlueShield as Human Resource Representative upon which she facilitates and orientates new-hires. She humorously states, "Ministry has led me to work in the pit and the palace and you can't be too pretty to get your hands in the mud; It's in the mud that God gives you a message." Lady Rhonda grew up in church and was trained in the way of Holiness at the West Dumas Church of God in Christ, under the leadership of the Late Dr. A. L. Hunt, Sr. There she was called to "serve" in the ministry at an early age and her life was guided and guarded by the hand of seasoned saints of ole who departed timeless wisdom in her life. Her gifts, as an anointed psalmist, vocal clinician, and worship leader, opened doors for her to minister on many national CD recordings.

After she was widowed in 2010, Lady Rhonda followed the vision of God and waited patiently on the Lord and He answered her prayer as she was re-united with her childhood love, Reginald D. Forte and was married in Holy Matrimony by Bishop D.L. Lindsey in 2018. Little did she know her life, as she knew it, would completely and drastically change as the wind of divine providence blew her way. She states, "I walked through the process to get to my promise." After serving many years at Cannon Christian Center under the leadership of Apostle Dr. Craig Banks and Pastor Sheryl Banks as well as The Worship Center under the Leadership of Elder Lloyd Allen (Pastor Emeritus Bishop D.L. Lindsey), Lady Rhonda now serves with her husband, Pastor Reginald D. Forte, at Greater St. John M.B. Church in Greenville, MS.

Lady Rhonda and Pastor Forte are known and have been proclaimed by Bishop D.L. Lindsey as the "Power Couple". Lady Rhonda's life is marked by surrender to God and expressed as a devoted mother, supportive wife, and lover of people. Lady Rhonda believes in the power of prayer, praise and worship as her life exemplifies the spirit of excellence, commitment and integrity, believing that God will get the glory in everything she says, and in everything she does. Prepare your heart to receive the ministry, message, and musicality of God's anointed vessel, Leading Lady Rhonda N. Forte.



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T R A C K 2 S E S S I O N S

Mindfulness and Self Care for Clinicians in Caring for Patients

KIMBERLY KEY-BELL, LCSW · 7:45AM-9:15AM (1.5 CLOCK HOURS CEUS)

"Healing the Helper" Self-care: How to avoid and recognize the pitfall of self neglect and burnout

This course will one help you recognize the silent warning signs of burnout, two understand the often slow but very pervasive consequences of poor self care and neglect. Lastly this course will help you understand the power of being mindful and taking notice of our consistent persistent thoughts that influence our relationship with ourselves and how we then take care of or fail to take care of ourselves.

VERONICA PAULSON MCCLANE, LCSW · 9:30AM-11:00AM (1.5 CLOCK HOURS CEUS)

"Changing the Paradigm: Going from a symptom management focus to an integrative and holistic wellness focus in order to improve outcomes."

A discussion on how the paradigm shift from symptom management and "illness focus" to preventative practitioners with an integrative and holistic wellness focus can improve functioning for practitioners and greatly improve outcomes for clients. This will include: a review of various complementary and alternative methods available today; how to recognize scientifically valid practices; education on what services are available in our area; and how these practices can impact not only you, but your clients in a positive way.

MERIDETH JOHNSON, LCSW 11:15AM-12:45PM (1.5 CLOCK HOURS CEUS)

Ethical Obligation for Self-care

This session will include discussion of Ethical Standard on Impairment (2.09), our own emotional intelligence/awareness and how to factor this into our ethical decision making process, balance and boundaries, and practicing self-care in and out of the office. This is a thought-provoking, interactive session designed to increase self awareness and mindfulness.

DR. PATRICIA WILKERSON, LCSW 2:30PM-4:00PM (1.5 CLOCK HOURS CEUS)

Self-Care Practices: A must for practitioners in practice!

In a caring profession, the overall job performance means the giving up of one's self to care for others. In social work the problem with this, however, is that overtime the practitioner doesn't understand why he or she become weary, drained and feel overwhelmed. Why? In our profession the primary concern is our clients' welfare and well-being. Giving care also means the worker has to receive self-care to stay balanced in life. Self-Care is an essential social work survival tool. This session involves building knowledge and actual self-care activities to improve ones' mindfulness of caring for others while simultaneously caring for ones' self.

ANDRE JONES, LCSW 4:15PM-5:45PM (1.5 CLOCK HOURS CEUS)

Working Wounded: Preventing and Managing Professional Burnout and Impairment.

Burnout is a state of emotional, mental, and physical exhaustion caused by excessive and prolonged stress. An impaired professional is one who has an illness or problem that prevents him or her from adequately performing required occupational duties. This interactive session will help you identify and recognize the importance of your professional contributions and functioning optimally. Learn 5 ways to wreck your career and 5 ways to preserve it.

**APRIL
5TH
2019**



S I S T E R **SF** F R I E N D



EMPOWERMENT EXPO

Presenter

KIMBERLY D. KEY-BELL, MSW, LCSW

Kim is a graduate of the University of Arkansas at Little Rock with both a Bachelor's and Master's Degree in Social Work. She has practiced as a Licensed Certified Clinical Social Worker since 2006.

Kim is a co-owner and a managing partner of Solutions Counseling Group, LLC. She also contracts as a Psychotherapist and Staff Clinician for Senior Works providing mental health services for residents residing in Skilled Nursing Facilities.

Kim has worked in Mental Health, Substance Abuse and Community Social work since completing her Secondary Education. She is very passionate about Mental Illness and Substance Abuse Recovery and dispelling the myths that routinely keep people; often minorities and people of color, the impoverished, and the uninsured bound and untreated.

Prior to her current position Kim served as the Director of Clinical Operations for the Network of Wellness Behavioral Healthcare, LLC (NOW) from 2009- 2015. The NOW program was a local Outpatient Behavioral Healthcare clinic; where Kim developed programs that prevented the underserved; the very poor and homeless diagnosed with mental illness from going untreated.

**APRIL
5TH
2019**



SISTER FRIEND



EMPOWERMENT EXPO

Presenter



VERONICA MCCLANE, LCSW

Veronica is a graduate of the University of Arkansas at Little Rock with both a Bachelor's and Master's of social work. She also has a masters of Psychology with an Emphasis in Industrial and Organizational Psychology from Grand Canyon University.

Veronica has over 10 years of clinical practice experience at the BSW, MSW, LMSW, and LCSW levels. She is currently serving as a visiting professor at the University of Arkansas Little Rock Social Work Department.

Through personal experiences for herself and her family, Veronica is discovering how effective use of aromatherapy and other natural health treatments could be beneficial for others. She enjoys helping other families learn how to implement aromatherapy and natural health treatment for their own lives, and empowering people to make positive health changes. She is currently researching how implementation of complementary and alternative medical approaches can be used effectively and ethically within current medical and mental health treatment models.

**APRIL
5TH
2019**



SISTER FRIEND



EMPOWERMENT EXPO

Presenter

MERIDETH JOHNSON, LCSW

Merideth Johnson has a Master's Degree in Social Work from the University of Arkansas at Little Rock and a Licensed Clinical Social Worker with seven years experience in community mental health. Working the past four years in a School Based Health Center in her local community, providing individual and family services as well as trainings and workshops for staff and administration.

Merideth maintains the role of School Based Health Coordinator for the district while operating a Private Practice in Wynne, Arkansas, Tree of Life Counseling & Consulting, LLC. She completed her 200 hour yoga teacher training with Big Rock Yoga in Little Rock in February, 2019. Merideth utilizes meditation and yoga to help others reduce, remove, or manage symptoms specifically related to anxiety.

**APRIL
5TH
2019**



S I S T E R **S** T F R I E N D



EMPOWERMENT EXPO

Presenter

DR. PATRICIA WILKERSON, LCSW

Dr. Patricia Wilkerson is an Associate Professor at Arkansas State University in the College of Nursing and Health Professions Department of Social Work. She earned a Ph.D in Social Work from Jackson State University, a Master of Social Work and a Bachelor of Arts in Sociology with a minor in Gerontology at the University of Arkansas at Little Rock. She is a Licensed Certified Social Worker in the field for over 30 years and is affiliated with several professional organizations.

Dr. Wilkerson was selected as a BSW faculty representative in CSWE Gero-Ed Center- National Center for Gerontological Social Work Education Curriculum Development Institute, a faculty participant in Arkansas Geriatric Education Mentors and Scholars (AR-GEMS) Summer Institute, selected for the Seventeenth National Symposium on Doctoral Research in Social Work at The Ohio State University College of Social Work, and a Fifth Cohort participant in the St. Scholastica Institute on Aging and Social Work.

She has mentored several undergraduate researchers with Ron McNair Scholarship Program and the Center for Undergraduate Research. Dr. Wilkerson has taught college students since 1994 and teaches courses on both bachelor and graduate levels.

**APRIL
5TH
2019**



SISTER FRIEND



EMPOWERMENT EXPO

Presenter

ANDRE' JONES, LCSW

Andre's vast experience includes working with couples (including LGBTQ), individuals and adolescents, Individuals without homes and a myriad of other individual therapeutic interventions. His passion is to heal relationships, whether romantic, family, or even professional.

It doesn't matter if you are looking for brief solution focused interventions, long range therapy or even intermittent relationship "tune-ups", Andre' remains passionate, supportive and non judgmental as you seek to heal.

Andre' holds a Masters Degree in Social Work and a Bachelors Degree in Sociology and Anthropology. His Certifications include Licensed Clinical Social Worker, Marriage and Family Therapist, Clinical Trauma Professional and Family Conflict Trauma Professional.



**APRIL
6TH
2019**

EMPOWERMENT EXPO

Mount Harmony MBC Church

Dr. Robert L. Handley Life Center | 812 East Harding | Pine Bluff, AR 71603

T R A C K 2 S E S S I O N S

Mindfulness and Self Care for Clinicians in Caring for Patients

MYRA L. SUMMERS-WOOLFOLK, MS, LADAC, CS & AADC · 8:00AM-9:30AM

1.5 CLOCK HOURS CEUS)

“Holistic Self-Care - Practical Approaches to the ART of YOU”.

As a helping professional we spend countless hours guiding, facilitating and nurturing the well-being of others. Many times we are the “strong one,” in our immediate circles and workplace, giving all we have to others. This session will provide practical self-care approaches that allow helping professionals take responsibility for placing themselves on a path toward optimal health.

DR. JOHN MILLER, LCSW · 9:45-11:15AM (1.5 CLOCK HOURS CEUS)

“A Long Walk to Victory”: The importance of physical, mental, spiritual, and emotional health in our work lives.

The presenter will lead the session with a mindfulness focused “walk” through key principles that have been helpful throughout the social work journey.

BRANDI ROGERS, LCSW · 11:30AM-1:00PM (1.5 CLOCK HOURS CEUS)

“Self-Care: A Crucial Component of Ethical Practice”.

“Self-Care: A Crucial Component of Ethical Practice”: This workshop will provide an overview of why self-care is not a luxury or something that providers can afford to place on the back burner but, a crucial component of ethical practice for those in the mental health field. This workshop will explore what the code of ethics says about self care, practical examples of how lack of self-care can promote ethical violations, and significance of the role of awareness and self-assessment in promoting self-care to avoid ethical violations.

**APRIL
6TH
2019**



S I S T E R **SF** F R I E N D



EMPOWERMENT EXPO

Presenter

MYRA L. SUMMERS-WOOLFOLK, MS, LADAC, CSA &

Myra Woolfolk, a resident of Pine Bluff, earned her BA in Criminal Justice and MS in Addiction Studies, from the University Arkansas at Pine Bluff, in 2004 . Myra has at least 16 years' experience in addiction treatment programming and development. She has long been an advocate for the emotional health and wellness of individuals experiencing challenges from untreated mental health and substance use issues. She brings a wealth of experience ranging from administrative management, developing substance use treatment, educational, and vocational programs for individuals in the state of Arkansas as well as professional development for over 100 clinicians, training to offer services.

In 2016 she founded Harbor City Health and Wellness to equip and empower individuals desiring optimal emotional wellness. She is currently serving as a board member on the Arkansas Substance Abuse Certification Board, as well as an adjunct professor at Arkansas Baptist College.

Myra Woolfolk, a Pine Bluff native, is a Licensed Alcohol and Drug Use Counselor and a Registered Clinical Supervisor with the Arkansas State Board of Examiners of Alcohol and Drug Use Counselors as well as Advanced Certified Alcohol and Drug Use Counselor and Clinical Supervisor with the Arkansas Substance Abuse Certification Board.

She takes a wellness- oriented approach to addictions counseling and coaching. She is an advocate for the emotional health and wellness of individuals experiencing challenges from untreated mental health and substance use issues. She brings a wealth of experience ranging from providing individual and group counseling services, administrative management, developing substance use treatment programs and curricula as well as professional development and training services for clinicians. She founded Harbor City Health and Wellness to equip and empower individuals desiring optimal emotional wellness.

**APRIL
6TH
2019**



SISTER  FRIEND
 
EMPOWERMENT EXPO

Presenter

DR. JOHN W. MILLER JR., LMSW

Originally from Moncks Corner, SC, Dr. John W. Miller Jr. is an Associate Professor of Social Work at the University of Arkansas at Little Rock. He has been a member of the UALR School of Social Work faculty since 2007, and teaches students in both the Master of Social Work and Bachelors of Social Work programs. Additionally, Dr. Miller was selected as the inaugural UALR Faculty Fellow from 2014-2016. In that role he led strategic campus initiatives focused primarily on faculty development and student success initiatives. Dr. Miller currently serves as the UALR Faculty Mentoring Program Coordinator where he connects faculty members across tenure-track ranks (from Assistant to Full Professor) to help assist junior faculty members receive mentoring from senior faculty. Dr. Miller received his Bachelor of Arts Degree in Experimental Psychology and his Master of Social Work degrees from the University of South Carolina. He earned his PhD in Social Work from The University of Tennessee.

Dr. Miller's work has yielded a host of publications. Most recently, Dr. Miller has published his first textbook, African American Perspectives: Matters of Consideration for Social Work Practice. From 2012 to 2017 Dr. Miller led the 100 Black Men of Greater Little Rock as Chapter President. Under his leadership the organization focused on mentoring and education initiatives that specifically targeted underserved populations. Since 2012 the chapter has partnered with Romine Elementary School to lead a 2nd Grade literacy initiative where the men of the 100 read to each 2nd grade class every Friday morning for 30 minutes. In 2013 the 100 partnered with the City of Little Rock to build a bookcase and purchase a library of African American themed child literature to donate to Romine's school library. To date, over 200 children have received mentoring from the men of the 100 through this initiative. The LRSD Volunteers in Public Schools (ViPs) recognized the work of the 100 at Romine Elementary by selecting the chapter as a recipient of the 2015 Community Resource Award. In 2012 the 100 also created the 100 Academy Mentoring Program. The "100 Academy" is an 8 Week intensive mentoring program that is designed for young men between the ages of 13 and 17. In 5 years, 93 young men have graduated from the program and successfully completed their SMART (Success, Motivation, Academics, Respect & Trust) curriculum design.

The 100 Academy Mentoring Program is offered to the mentees without any costs associated with the program. All that is required is their participation and best effort. In return, the chapter strives to give each young man hope for a brighter future and raised expectations for what it means to be a successful Black man in the 21st Century. They expect their young men to graduate from high school and then go on to attend college, trade school, or begin a military service career. In short, they hope that they young men they mentor go on to be the leaders of the future. The chapter motto of the 100 Black Men of Greater Little Rock is "What they see is what they'll be." Their goal is to epitomize this by providing quality mentoring to each young person they encounter.

**APRIL
6TH
2019**



SISTER  FRIEND
EMPOWERMENT EXPO

Presenter

BRANDI RODGERS, LCSW

Brandi Rodgers is a mental health therapist (licensed certified social worker) and owner of Because You Matter Counseling PLLC located in Conway, Arkansas. She is responsible for providing outpatient therapy services with a personal goal to work in a partnership with individuals to assist them in recognizing their own strengths, self worth, and resilience to promote growth and positive changes. She has over 10 years of experience providing mental health services addressing a wide range of emotional and behavioral challenges including: past hurts (trauma), substance use, depression, anger, anxiety, self destructive behavior, substance use, loss of touch with reality, relationship issues, and coping with life changes. Brandi also serves as an adjunct instructor in the social work program at the University of Arkansas at Little Rock. She earned a master's degree in social work from the University of Arkansas at Little Rock, bachelor's degree from the University of Central Arkansas where is double majored in sociology and psychology, and graduated high school from Pine Bluff's own Watson Chapel High School.

She is a compassionate, creative, supportive and strongly believes that ALL individuals are deserving of care and respect. Brandi is especially passionate about working with individuals who are seeking to overcome adversity and believes that empowerment is one of the fueling forces during this process. She is excited about the opportunity to be involved with The Sister Friend Empowerment Expo. Brandi shares, "It can be very challenging to overcome things that life throws at us, however, some of our most hurtful, negative experiences, biggest struggles, and even mistakes can expose our greatest strengths, bravery, and resilience" and it is important to remember that "Your story matters... And the rest is still unwritten".



**APRIL
6TH
2019**

SISTER **SF** FRIEND



EMPOWERMENT EXPO



Presenter

EVANGELIST YULONDA JAMES

Evangelist Yulonda James has a heart to see women whole and healed by the power of the Holy Spirit and believes that God has uniquely prepared her for that ministry through the work of the Spirit and wisdom gained through personal experience and education.

Under the covering of Lead Pastor Gary Bell and First Assembly of God, she ministers in women's conferences, retreats, and revivals. She is also a teacher in the "For Women Only" Sunday school class at First Assembly.

Her educational preparation is diverse. Although she received a Bachelor of Science degree in Special Education from the University of Arkansas at Pine Bluff in 1991. She attended Agape School of World Evangelism/Missions in Little Rock, Arkansas in 2000. She completed that study in 2002 and subsequently obtained ministerial credentials through Global University for the Assemblies of God. She is also a licensed cosmetologist and owns Great Expectations Beauty Salon in Pine Bluff, AR.

Evangelist James has three children – LaKoyia, Tiffany, and Stanton



**APRIL
6TH
2019**

SISTER FRIEND



EMPOWERMENT EXPO



Presenter

DR. CHASITY DEAN-ANTHONY

Dr. Chasity Dean-Anthony is a Community Activist, Personal and Professional Elevation strategist, leadership development mentor and Personal branding consultant who serves as a leading powHER source of inspirHERation in promoting greatness in others. As the co-founder and CEO of Producing Outstanding People, Inc., Founder of the G..I.R.L.S! Christian Ladies Sisterhood, Founder of the powHERhouse Consortium Leadership Consulting Agency, an author, inspirational speaker, and sole proprietor of CDA Enterprises. She works with community leaders, entrepreneurs, executives, and aspiring leaders, with an emphasis on connecting people across all socioeconomic, gender, and age demographics in efforts to educate, engage, and empower people to evolve into the most optimal version of themselves. In an effort to create game changers within their family, community, industry or corporation.

Dr. Chasity is a native of Hughes, a small town located in the rural Delta of Arkansas. She considers herself to be a true phoenix who has risen from the ashes of poverty, socio-economic disadvantage, and the psychological dysfunction associated with the poverty mindset to become a leading lady in her society and a revolutionary game changer in her community. Her colleagues, clients, and supporters affectionately refer to her as the visionary, creator, and cultivator of all things positive and uplifting. She attributes her success to her strong faith and firm believe in the "Power of Positivity", of which she applies to every facet in her life, and encourages others to believe that positive results are a direct effect of a positive belief system coupled with positive actions.

She holds an Associates of Arts Degree, Bachelors and Master's degree in Education from Arkansas State University and a second masters and PhD in Educational Leadership from Capella University. She is also a certified life/business/ confidence coach. She is the daughter of the late great Pastor of the New Bethel Church of God in Christ Dr. Alexander Dean and Fannie Dean, who she attributes much of her success too. She still serves at her home church in addition to Old St. Paul Church in the youth and music ministries. She is the wife of Minister Darrell Anthony, and they are the proud parents of two beautiful daughters, Melany (21) and Marissa (17) and one son, little Mr. Maison Anthony (5). In her leisure time, she enjoys spending time with her love Darrell Anthony, family and friends, her GIRLS, and working with her beloved sorority of Alpha Kappa Alpha Sorority, Inc.. She also thoroughly enjoys women's empowHERment work and Mentoring teens in her community through her various POP! non-profit mentoring groups.



**APRIL
6TH
2019**

SISTER **ST** FRIEND



EMPOWERMENT EXPO



Presenter

**BRANDING, MARKETING AND TECHNOLOGY SOLUTIONS EXPERT
SHAUNDA WILLIAMS**

Shaunda Williams is the Chief Executive Officer of SLW Technology Group and has a partnership with a prominent technology company in which they offer their services to meet clients needs. SLW Technology Group was established almost a decade ago and specializes in Branding, Marketing, Advertising, Social Media Management, Search Engine Optimization, Business Coaching, Website Development, Network and Server Infrastructure Support.

Shaunda is a very zealous person when it comes to motivating people to pursue their greatness. She is also the Chief Executive Officer of Geekitude, which encourages others to acknowledge the power of pursuing their passion by supporting and coaching individuals .

The word Geekitude (geek+ attitude =Geekitude) was chosen and is unique in the fact that most individuals think of Geek or Nerd as a negative word or someone that's unpopular or widely unaccepted by society. However, a geek or nerd is someone that is passionate about what they do and is an expert at what they do.

Geekitude is a movement that empowers others to not be afraid to pursue that inner greatness that we all have. This is achieved by offering workshops to assist with businesses, non profit start ups as well as offers business coaching to keep individuals motivated through the process to ensure that they are successful on their journey to greatness! Through this movement awesome apparel and other motivational materials can be purchased to support and remind those that they are brilliant and have the power to be great at anything they decide to pursue.

Shaunda is very passionate about technology and enjoys using it to take clients businesses to the next level. She is also a network systems administrator that works to support over 9,000 users with a network infrastructure and data center that supports 16 locations.

Shaunda is a technology professional that attended the University of Arkansas at Little Rock and studied Management Information Systems and Information Science and has several industry standard certificates and certifications that include Project Management Professional (PMP), VMware VSphere Professional (VSP) Certified Dell Server Support Technician (CDSSP) Dell EqualLogic Storage Certificate, Cisco Certified Network Professional (CCNP) Microsoft Certified Solutions Associate (MCSA) Microsoft Certified Solutions Engineer (MCSE).

Shaunda is also very active in her community. She is always eager to speak and mentor at risk youths because she was also considered an at risk youth growing up coming from a humble beginning. She leads by example to encourage the youth by helping them to understand that they don't have to accept the title of at risk of not achieving success because of their surroundings. She is also a proud member of Delta Sigma Theta Sorority Incorporated that has clearly distinguished itself as a public service organization that boldly confronts the challenges of African Americans and, hence, all Americans by focusing on educational development, economic development, international awareness and involvement, physical and mental health and political awareness and involvement.



**APRIL
6TH
2019**

SISTER **ST** FRIEND



EMPOWERMENT EXPO



Presenter

FASHION DESIGNER - LINDA ROWE-THOMAS

Linda Rowe Thomas is an award winning fashion designer, author, philanthropist, and motivational speaker who uses her own adversities to inspire others. After suffering from severe burns sustained in a house fire as a child, Linda has made it her mission to empower others to love themselves unconditionally. She founded her couture fashion brand Romás by Linda Rowe Thomas and later founded the Designing Hope Foundation, a 501(c)(3) organization benefiting burn survivors and those with disabilities. In addition to showing at over 10 Fashion weeks around the world, Linda is the first and only burn survivor to showcase on the Mercedes Benz New York Fashion Week Platform. Celebrity clientele includes: Erica Ash, actress from the hit STARZ series, Survivor's Remorse as well as other notable actresses, singers, and professional athletes.

Linda's signature speech "Designing my Destiny ...Beyond the Scars" empowers audiences to look beyond adversity in order to fulfill their dreams and live life to its fullest potential. She shares her own emotional journey of learning to love herself after growing up with disfiguring scars after a traumatic house fire when she was a toddler. From corporate groups to schools, organizations, and churches, Linda has spent the last 18 years presenting "Designing my Destiny...Beyond the Scars" to audiences around the country.



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6TH
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Rev. Dr. Robert L. Handley and the Mount Harmony MBC Michael Ridgell, Musical Director, New Horizon Church, King's Highway MBC Mass Choir, Elise Brazille, United Worship Voices Choir, and to all the participants that made this weekend possible!



SISTER **SE** FRIEND
EMPOWERMENT EXPO

Save the Date

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