



The Mercer County Traumatic Loss Coalition
presents



"Trauma, Race and Stigma: Empowered to Change"

**Wednesday, December 15, 2021
9:30 a.m. to 12:30 p.m.**

Join us for a candid, online conversation about the intersection of trauma, race, and stigma with a focus on action steps to manage and respond to social, emotional, cultural, and other factors that operate to reinforce adverse childhood experiences (ACEs) risk factors. This presentation, intended to empower changemakers, will offer opportunities to identify various barriers to change and will discuss viable solutions.

Register by December 14 for the webinar via this link:

https://us02web.zoom.us/webinar/register/WN_eJ4XX4cORv-7frhTbr8UDw.

After registering, you will receive an email containing information about joining the webinar.

GUEST SPEAKER: KIMME CARLOS



Kimme is the Founder of the Urban Mental Health Alliance, CEO and Founder of Kimme Carlos Motivational Consulting, and Co-Founder and Lead Facilitator of Sister Wellness Retreats: Healing Spaces for Black Women. Kimme also is a certified health and wellness coach with the Institute for Integrative Nutrition, a certified instructor for Mental Health First Aid, and author of *The Window of Grace: Living in Recovery through Christian Faith*.

As an advocate with lived experience, Kimme keynotes and facilitates on mental health, addiction and recovery, and wellness and self-care. Kimme also is the proud daughter of Dr. John W. Carlos, 1968 Olympian and civil rights activist.

