



Delta Sigma Theta Sorority, Inc.
Saginaw Alumnae Chapter
in partnership with



**Crimson and Crème
Empowerment Brunch**
"Mind, Body and Soul"
Saturday, June 1, 2019
9:00 a.m. – 2:00 p.m.



Mental Health Awareness Workshop with Wardene Talley 9:00 a.m.	Shaded Faces an original play written by Andrea Gibbs-Bond 10:30 a.m.	Brunch and Praise Concert with the Voices of Delta 12:00 p.m.
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Dow Event Center – Red Room
303 Johnson Street – Saginaw, MI 48607

\$35.00 for more information contact 989.860.0032
<https://www.eventbrite.com/e/crimson-and-creme-empowerment-brunch-tickets-59648172289>

Leading up to the actual event, training will be conducted for potential facilitators for the workshop. The first training will take place on April 20th from 9 am – 12pm, May 18th or 25th, and on May 30th a walk through will be conducted prior to the event to make sure everything is properly run. (those interested, please see Sheronda Hodgers) -further instructions will be presented at the trainings.

Trainings conducted by Wardene Talley

Understanding Adverse Childhood Experience (ACEs): Neuroscience, ACEs, and Resilience

“The study shows with scientific evidence that adversity early in life increases physical, mental, and behavioral problems later in life. The plan is to educate in ways of preventing the accumulation of ACEs and properly moderating their effects. “You” Be the One that can change our future of public health and improving outcomes for the individuals we serve throughout the community. Learn about the ACE Study and impact on oneself, your work, and the community.”

June 1st

Workshop from 9:00 AM – 10:30 AM

Welcome

Introduction

Break Out Sessions (Childhood Trauma/Trauma & Addiction)

Interactive Activities

Q & A

“Shaded Faces” Play will take place at around 10:30 AM (potential 15 minute turn over)

We will do a layout of timing in advance

Play

First table read is this Saturday 4/6/2019 from 12-1:30 at Hoyt Library Practice every other Saturday

-May (Practice 2x’s per week)

- Marcia Reeves (coming to the practice later in the month)

30-45 minute play

Will need Props for the different room changes (Andrea- with list of items needed for each scene). We are asking Sorors to assist with items for the scene. Sorors might have items at home (trying to gather early and ask in advance)

- We will need donated gift cards or gifts for actors (donation)- Thank you cards for actors/actresses

Actors

Chavez & Crystal

Amaya

Angel

Lasha (dancer)

