PARTICIPANT RESOURCE GUIDE

SOUL-FILLING OUR SISTERS (SOS)™

FEBRUARY 26, 2022
HOSTED BY TOUCH4LIFE
WWW.TOUCH4LIFE.ORG
What a wonderful inaugural Soul-filling Our Sisters(SOS)™ interactive workshop. I couldn’t have asked for anything more and your presence made the workshop worthwhile. There were so many great takeaways from the day.

Thank you for completing the post-event survey so that we can continually enhance our programming.

Our SOS speakers curated a special list of resources, contained in this guide, to help you on your mind, body and spirit wellness journey.

Stay well,

Laura Crandon
Kimberly Van Putten-Gardner, Ph.D., LCPC is in private practice at Affinity Counseling and Family Life Services, LLC. The services provided include Individual, Group, Couples, and Family Therapy. Family Life Education for skills to maintain a healthy lifestyle is also provided. If you are interested in joining the “Coping with Stress” psycho-educational group, email her at: acounseling@gmail.com.

Sharon partners with leaders to successfully build cultural and strategic change in their organizations. To connect with her, visit www.sharonnewport.com to sign up for her newsletter or follow on social media.
**KIM MICHELLE STERRETT**

Join Kim Michelle Sterrett for **Wednesday Night Wind Down** classes on Wednesday nights at 7 pm. Please register at [healinghousecolumbia.com](http://healinghousecolumbia.com). Here are some of her favorite books:

- *Every Body Yoga: Let Go of Fear, Get On the Mat, Love Your Body* by Jessamyn Stanley
- *Yoga for Everyone: 50 Poses for Every Type of Body* by Dianne Bondy
- *Restorative Yoga for Ethnic and Race-Based Stress and Trauma* by Gail Parker

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**MELANIE BROWN, MD, FAAP**

Dr. Melanie Brown shared information on a holistic therapeutic technique called Tapping. Identify what you want to focus or tap on for example stress, pain, or anxiety. While tapping the points, you recite a reminder or a set up phrase, for example, “Even though I have this stress in my body, I deeply and completely love and accept myself.” Recite this phrase at each tapping point. See the replay for a demonstration of the technique.
ABOUT ARCHANGELS

ARCHANGELS is on a mission to help caregivers everywhere understand their intensity, connect to support and feel less alone in it all.

Complete the Caregiver Intensity Index specifically designed for SOS participants: https://archangelscci.me/Touch4Life

To connect with Rev. Fomby, visit www.newlifenation.org. Here is some recommended reading:

- Too Heavy a Yoke: Black Women and the Burden of Strength by Chanequa Walker-Barnes
- Soul Care in African American Practice by Barbara L. Peacock
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To support Touch4Life and more programming like Soul-filling Our Sisters(SOS)™, you can make a donation in the following ways:

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