

SOUL-FILLING OUR SISTERS (SOS)TM

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PARTICIPANT RESOURCE GUIDE



TOUCH

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LIFE
A NON-PROFIT 501 (c)(3)

FEBRUARY 26, 2022

HOSTED BY TOUCH4LIFE

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A WORD FROM OUR FOUNDER



Laura Crandon

Founder and President,
Touch4Life

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

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 NEWPORT

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. 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

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.



PASTOR SHELETA FOMBY, MDiv

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
- Sacred Pampering Principles: An African-American Woman's Guide to Self-care and Inner Renewal by Debrena Jackson Gandy
- Soul Care in African American Practice by Barbara L. Peacock



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://archangelscii.me/Touch4Life>



www.archangels.me

SUPPORT TOUCH4LIFE

To support Touch4Life and more programming like Soul-filling Our Sisters(SOS)[™], you can make a donation in the following ways:

Send a check payable to Touch4Life, Inc. to:
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