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The Tacoma Chapter would like to express thanks to Bethlehem Baptist Church, Zeta Omega Omega Chapter of Alpha Kappa Alpha Sorority, Inc., speakers, friends and community members for supporting this program.



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Tacoma (WA) Chapter

TACOMA (WA) CHAPTER OF
THE LINKS, INCORPORATED
PRESENTS

LIFE ON A TIGHTROPE: BALANCING OUR
MENTAL HEALTH

SATURDAY, DECEMBER 8, 2018
BETHLEHEM BAPTIST CHURCH
TACOMA, WA

Gold Sponsors:



Program

<i>Lunch</i>	<i>11:30 - 12:00</i>
<i>Mistress of Ceremonies</i>	Kimberly Bell
<i>Welcome</i>	<i>12:05 – 12:10</i> <i>Frances Davis, President</i> <i>Tacoma (WA) Chapter, Links, Incorporated</i>
<i>Panel Presentation</i>	<i>All Presenters; Highlights of Mental Health Issues</i> <i>Moderated by Kimberly Bell</i>
<i>Mental Health Café Groups</i>	<i>12:55 - 2:55</i> <i>Participants rotate through each of the six issue stations</i>
<i>First Station</i>	<i>12:55 - 1:10</i>
<i>Second Station</i>	<i>1:15 - 1:30</i>
<i>Third Station</i>	<i>1:35 - 1:50</i>
<i>Fourth Station</i>	<i>1:55 - 2:10</i>
<i>Fifth Station</i>	<i>2:15 - 2:30</i>
<i>Sixth Station</i>	<i>2:35 - 2:55 (Turn in Evaluation)</i>
<i>Closing Remarks</i>	<i>2:55 - 3:00</i> <i>Iris Williams West, Alpha Kappa Alpha Sorority, Inc.;</i> <i>Dr. Eric Jackson, Sr., Bethlehem Baptist Church</i>

<i>Issue One</i>	<i>The Opioid Epidemic and How it Impacts Mental Health. Sabrena Chambers, Director of Strengthening Family Division, Tacoma-Pierce County Health Department</i>
<i>Issue Two</i>	<i>The Stolen Ones Returned. Marcia Tate Arunga, Cultural Custodian.</i>
<i>Issue Three</i>	<i>Sex/Human Trafficking in Washington State. Mike Pellicciotti, Washington State Representative, 30th Legislative District</i>
<i>Issue Four</i>	<i>Mental Health and Domestic Violence: A Focus on Prevention. Rhonda Shabazz, Family Advocacy Specialist, Joint Base Lewis McChord.</i>
<i>Issue Five</i>	<i>Mental Health Issues for Students of Color in the Arts. Dr. Eric Clausell, Clinical Psychologist and Actor; Renee Williams, Dancer(TUPAC).</i>
<i>Issue Six</i> <i>ing</i>	<i>Peace Out: Why More Young African-Americans are Taking Their Own Lives. Daryllyn Harris-Waller, Child Welfare Specialist.</i>