



DC PROJECT CONNECT *Presents* **COFFEE TALK & ME TIME:**
SELF-CARE

SESSION BEGINS 10:00 EASTERN

WWW.DCPROJECTCONNECT.COM



**VIRTUAL
COFFEE TALK &
ME TIME
1.18.2021**



HOUSEKEEPING

Locate Chat and Mute
No photos or screen
Prints please.

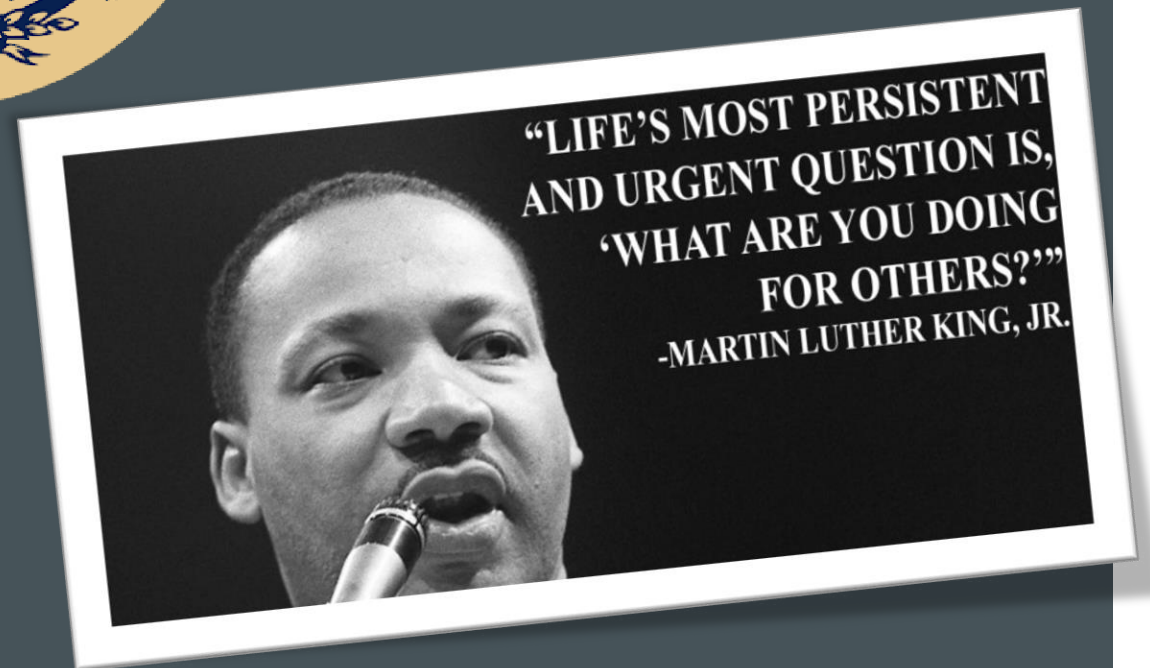
OPTIONAL: GROUP PHOTO AFTER CLOSE-OUT OF PROGRAM





Norms

- Be Respectful of Other's Experiences
- Share Your Name and Pronouns When And If You Speak
- Pose Questions in the chat for speakers to address



PRINCIPLES OF

Coffee TALK & ME TIME

- Self-Awareness: **Who am I?**
- Respecting the Journey of Others: **We are all practitioners; subject matter experts of our own lives. We do not travel this path alone. Our actions have outcomes.**
- Finding Our Purpose Through Self-Reflection: **Reflecting upon our journey can reveal our strength, tenacity, our power, and our purpose.**





Ice Breaker

Type in the chat box to share:

Your first name, state, and in one word tell us:

What Will Be Your Gift to the World?





DC Project Connect

DR. AVON HART-JOHNSON

President, Co-Founder, DC Project Connect

DR. GEOFF JOHNSON

Vice President, Co-Founder, DC Project Connect

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DC Project Connect

Welcome!



Program!

PROGRAM

WELCOME & NORMS

Welcome (Dr. Hart-Johnson, DC Project Connect. Director Shari McCoy, Fairview Residential Reentry Center

ICE BREAKER

OPENING PRAYER

Rev. Dr. Demetra Hutchinson, Moment of Silence

SELF-CARE

Rev. Dr. Demetra Hutchinson, Moment of Silence



FITNESS INSIDE

TGreen, Discussion on how fitness beings “inside” to manifest external beauty.

MINDFULNESS & MENTAL HEALTH

Dr. Elaine M. Barclay. Discussion on mental health, mindfulness, and wellbeing.

BEAUTY TIPS

AyDal tips on looking good from the outside in.

MICRO-ROUND SELF-CARE TIPS

PIC Volunteers share their self-care tips and wellbeing for Publication in personalized journal for residents of RRC.

CALL TO ACTION



MOMENT OF SILENCE

REV. DR. DEMETRA HUTCHINSON



**REV. DR. DEMETRA
HUTCHINSON**

Rev. Dr. Demetra is an executive of the nonprofit organization, Restore Together. Her organization extends counseling, self-care, advocacy, and other essential services via a digital platform using a faith-based modality. Rev. Dr. Demetra is a researcher whose focus is on African American female clergy in dual clergy marriages.



T. GREEN

Trevin Green (TGREEN) is a highly recognized Aquatic Fitness Expert, with over 20 years in the field. He has had a great impact on changing people's health and wellness in their lives.



**DR. ELAINE M.
BARCLAY**

Dr. Elaine is a licensed professional counselor (LPC) and CEO of Barclay Consulting Services, LLC. Their focus is on mental health counseling and consulting. Dr. Barclay is an educator and researcher focused on domestic violence.



AYDAL

AyDal, is a Makeup Artist (MUA)/Content Creator. A makeup artist whose branding includes Haus of AyDal, LLC. She earned her Bachelor's Degree in Business Administration from Stillman College. AyDal is changing the narrative and redefining what it means to be a "Queen."

Our Speakers



DC Project Connect



**REV. DR. DEMETRA
HUTCHINSON**



WHAT IS SELF-CARE?

AGENDA:

- HOW TO ENGAGE IN SELF-CARE
- BENEFITS OF SELF-CARE
- BEING INTENTIONAL
- REMEMBER: A WISE WOMEN.....



Country Living

"Love yourself first, and everything else falls in line. You really have to love yourself to get anything done in this world."

—Lucille Ball



Self-Care Is

- The intentional time that an individual takes to nurture him or herself for physical, emotional, mental, and spiritual well-being.

HOW TO ENGAGE IN SELF-CARE

- **Prayer** – Daily connection with God (Example: Daily Devotion)
- **Journaling** for Mental Release
Examples: Writing Poetry, Prayers, Your Dreams and Aspirations,
- Daily inspirations
- Listening to Soothing, Relaxing music
- **Daily Deep Breathing Exercises**
- **Physical Activity/Exercise:**
Examples: Walking, Running, Biking, Stretching, Yoga, Zumba, Dancing

<https://youtu.be/jW3TSBu7J94>

https://youtu.be/fAhXfcm_v40

<https://youtu.be/I1gMUbEAUFW>

CountryLiving

*“An empty lantern
provides no light.
Self-care is the fuel
that allows your light
to shine brightly.”*

—Unknown

BENEFITS OF SELF-CARE:

- When you practice Self-Care.....
 - Develop a healthy perspective of yourself
 - Develop positive coping mechanisms to deal with challenges
 - You build self-confidence
 - Able to help others
 - Ability to maintain balance is increased
 - Overall physical and mental health is positively impacted
 - Increased energy
 - Reduced stress
 - Increased resiliency and helps restore health



REMEMBER.....

- Be Intentional about Self-Care
- Be Intentional about Checking in with Yourself
- Be intentional about nurturing your mental,
- physical, emotional, and spiritual health
- A Wise Woman....

Before becoming a mother years ago my mother said to me...."You will not be able to take care of your new baby if you don't take care of yourself."

If your
compassion
does not include
yourself, it
is incomplete.

✕

JACK KORNFIELD

GH

A close-up photograph of two vibrant pink peony flowers. The flower in the foreground is in full bloom, showing many layers of delicate petals. A second flower is partially visible behind it to the right. The stems and green leaves are also visible.

CHECKING IN

QUESTIONS FOR REV. DR. DEMETRA HUTCHINSON?

- ☐ HOW IS EVERYONE FEELING RIGHT NOW?
- ☐ ANYONE OF OUR PIC VOLUNTEERS HAVE ANY TIPS HOW TO REMAIN FULLY PRESENT DURING TIMES OF DISTRACTION? HOW TO DE-STRESS?
- ☐ PLEASE ENTER THIS IN THE CHAT BOX
- ☐ ANYONE FEELING IN NEED OF A **STRETCH?**



TGREEN

Fitness Inside



TGreen AquaMania

@TGreenAqua · Gym/Physical Fitness Center

CHECKING IN

QUESTIONS FOR TGREEN?

- ❑ YOU CAN JOIN TGREEN FRIDAYS AT 6:00 A.M. AND SUNDAY AT 7:00 A.M. VIA ZOOM FITNESS.

FOR INFORMATION ON HEALTH & WELLNESS
SUBSCRIPTIONS: Trevingreen@gmail.com



BEING MENTALLY MINDFUL

A SEGUE INTO MENTAL HEALTH AND MINDFULNESS

DR. ELAINE M. BARCLAY, LPC, NBCC, THTC, HS-BCP

BARCLAY CONSULTING SERVICES, LLC.

WEAREBARCLAYCS.COM

MENTAL HEALTH?

- Mental health is inclusive of
 - Emotional
 - Psychological
 - Social well-being
 - Affects how we think, feel, and act
 - Coping strategies
 - Relatability
 - Decision Making

(MentalHealth.gov, 2020)



MYTHS AND FACTS

- Myth: I'm not affected by mental health"
- Myth: Children aren't affected
- Myth: People with mental illness are unpredictable and potentially violent
- Myth: They can snap out of it
- Fact: Has nothing to do with being lazy
- Fact: Mental health problems are common
- Fact: One in five American adults experience a mental issue
- Fact: One in 10 young people experience 'major,' depression

(Mentalhealth.org, 2020)



AFFECTIVE OF THINKING, FEELING, AND ACTING

- Our thoughts
 - Triggers
 - Our feelings
 - Ego(soul)
 - Urges towards reality
 - Our actions
 - Id(body)
 - Moves towards world consciousness
 - Super Ego (Spirit-God consciousness) develops last
- (Mcleod, 2018)



MINDFULNESS

- Clearing your thoughts lead to more thoughts
- Emerges from the gap- the void
- Noise all the time
- Observe the space
- The place of “no thing,” is where all that is “some thing,” comes from
(Dyer, 2021)



MINDFULNESS CONT.

- Four Habits
 - Observe the silence between the notes
 - Think of thoughts as things
 - Observe your thoughts, but don't describe them
 - Dissolve your boundaries...Just be still
- (Dyer, 2021)



STILLNESS

- Is it possible?
- Obtaining a space
- Alignment with quietness
- Purpose begins



CHECKING IN

QUESTIONS FOR DR. BARCLAY?

AUDIENCE PARTICIPATION: WHAT IS YOUR TAKE AWAY?

JOURNAL AND/OR PLACE YOUR RESPONSE IN THE CHAT



AYDAL: BEAUTY TIPS



CHECKING IN

QUESTIONS?

☐ GET READY FOR MICRO-ROUND OF SELF CARE TIPS



Goals

- Goal: Collect 365 tips on self-care to be consolidated in a personalized journal to memorialize this event.
- The journal will be entitled, ***“Coffee Talk & Me Time: 365 Days of Self-Care”*** –We will capture these tips during the ***“Micro-round”*** of self-care tips.

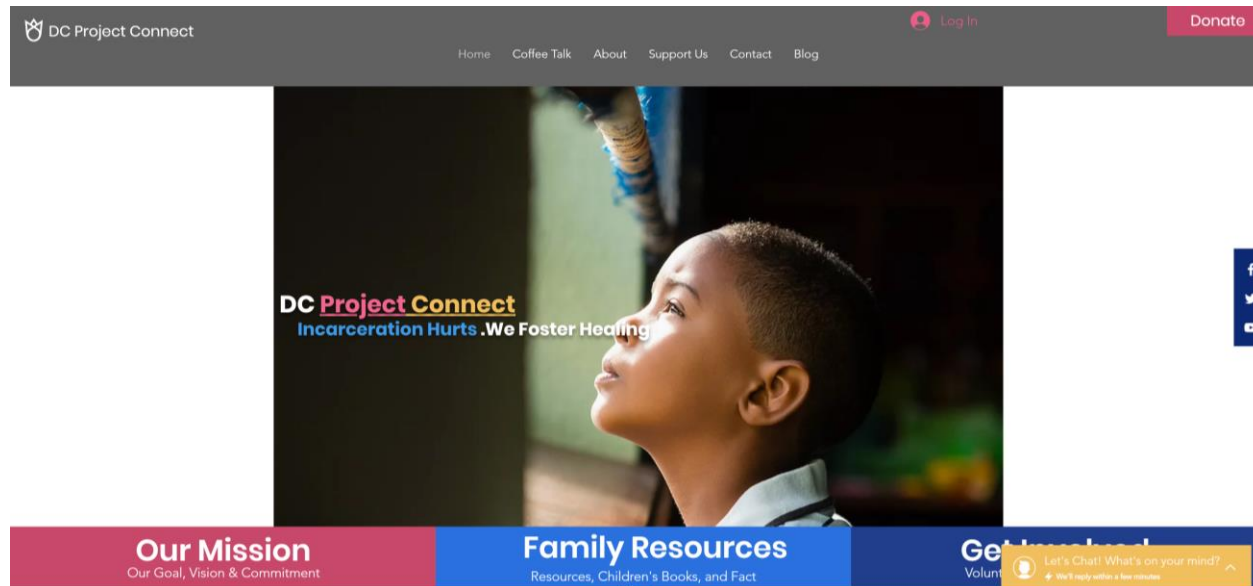




VOLUNTEERS: Please enter your self-care tips. Try to use one or two sentences. These tips will be consolidated in a published book for current and future residents of the Fairview. This is your legacy and contribution to memorialize this day.

If you would like your name used, please provide the exact spelling as you would like it to appear in the print journal.

Call to Action



- Commit to Future Service Hours
- Pledge for additional hours of service all year long
- Support the development of the journal: Chip in \$5.00, ideally \$25.00 now and we can achieve our goal to earn: \$5,000 for this project. www.dcprojectconnect.com click donate button , upper right corner.
- Tag DC Project Connect on Social Media

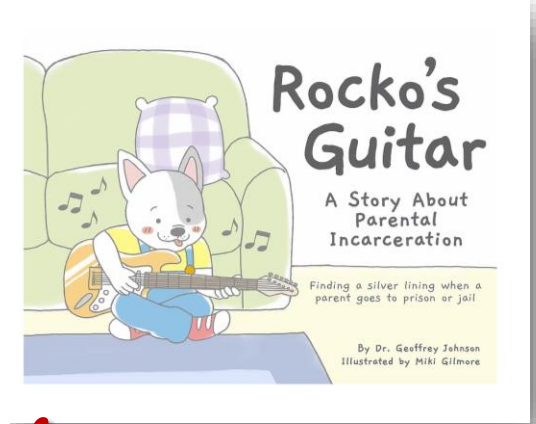
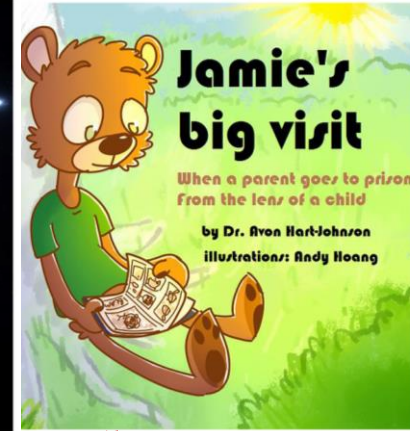
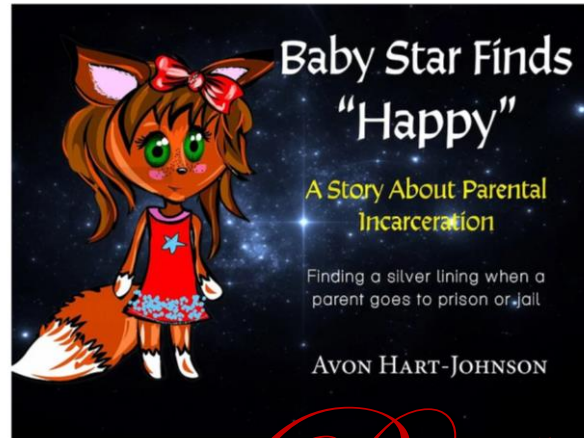
#DCProjectConnect
#DayOfService

How We Support Children and Families:

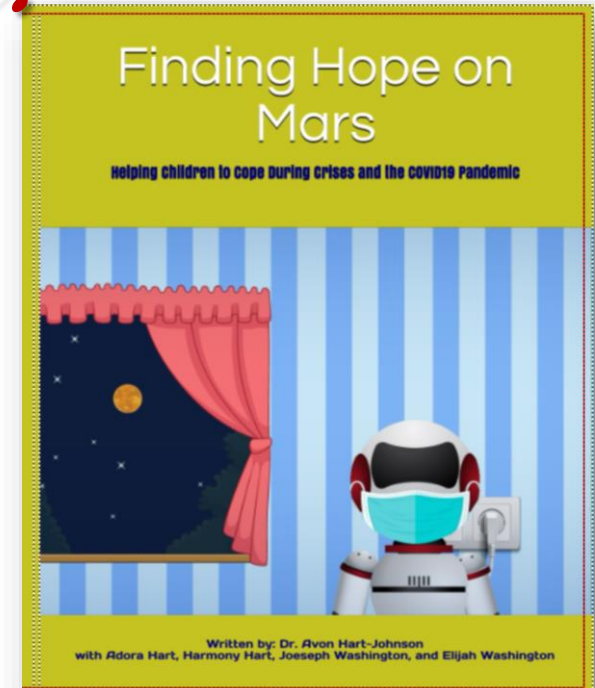
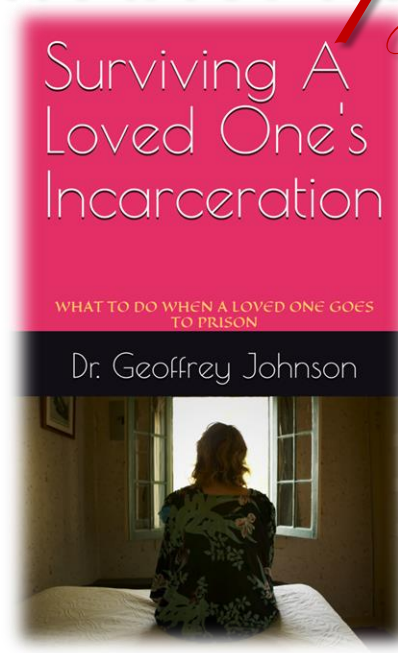
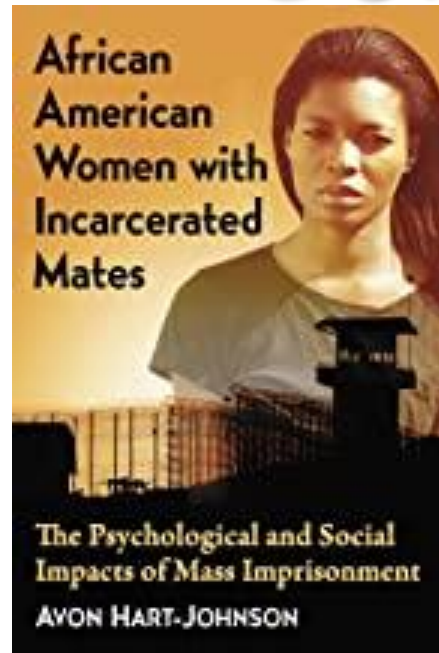
- Bibliotherapy: Using stories for healing. We use stories to explain parental incarceration to **children** (based on empirical research).
- Publications for **Family Members** who are struggling
- You can support children by using these books in schools, community centers, prisons, family reunification and parenting programs.

Publishing entity: Avon Hart-Johnson Publications and Extant One

VISIT
[HTTPS://WWW.MYSTORYANDME.COM](https://www.mystoryandme.com)



Bibliotherapy!





DC PROJECT CONNECT: THANK YOU!

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#MLKDAY #DCPROJECTCONNECT

GROUP PHOTO ANYONE?



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www.dcprojectconnect.com



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