2022 BRAVE Summit:
Our Resilience Will Be Televised


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Reimagining Strength
Schedule of the Day

9:00-10:00am: Registration & Breakfast – Lohrfink

10:00am: Welcome to BRAVE – Lohrfink Auditorium
   Opening Performance: Kendall Bryant
   Words from BRAVE Directors

10:30-11:30am: Panel 1: Becoming Her: Strength in Vulnerability & Healing
   – Lohrfink Auditorium

11:30-11:40am: Break/Transition Period

11:40-12:30pm: Breakout Session #1
   Panel 1 - Trailblazing in the Now: Navigating Post-2020 Professional Spaces (Room 140)
   Panel 2 - Medicine and Melanin: Protecting Our Bodies and our Future (Room 150)
   Panel 3 - Why Did We Stop Singing (Room 240)

12:30-1:50pm: Lunch/Networking– Shea Commons

2:00-2:50pm: Breakout Session #2
   Panel 4 - Nourishing Our Souls and Our Legacies: Discussing Our Relationship with Food (Room 140)
   Panel 5 - My Body, My Pleasure: Love, Sex, and Intimacy (Room 150)
   Panel 6 - Affirmation Circle (Room 240)

2:50-3:00pm: Break/Transition Period

3:00-3:15pm: A Tribute to bell hooks - Lohrfink Auditorium

3:15-4:15pm: Panel 2: Resisting by Existing – Lohrfink Auditorium

4:20-5:20pm: Keynote - Pick Us: A Conversation with JL – Lohrfink Auditorium

5:20pm: Closing Remarks
Panel #1: Becoming Her: Strength in Vulnerability and Healing
For Black women, the communal expectation of strength and resilience in the face of white supremacy and patriarchy leaves little room for actual healing and growth. We are oftentimes forced to grow into the “Strong Black Woman” mold, and to become the pillars and protectors of our communities. Because of this, we often miss out on the chance to experience and reveal our deepest emotions, dreams and selves. However, in vulnerability there is strength, healing, and vast possibility for achieving an untapped future. Join us in this mainstage panel as we discuss vulnerability as the first step of Becoming Her.

- **Panelists:**
  - Fatima Jamal, Writer and Director of No Fats, No Femmes
  - Denise Francis, CEO & Founder at The Self Love Organization INC
  - Naika Apeakorang, Naturopathic practitioner, Acupuncturist, and Master Herbalist with a global wellness practice, based in New York City

- **Moderator:**
  - Jenn Wiggins, Georgetown University Professor and Wellness Advisor at the National Institute of Health

- **Facebook Live:** [https://www.facebook.com/events/1370165700112702/](https://www.facebook.com/events/1370165700112702/)
Panel #2: Resisting by Existing

Racial capitalism has historically benefitted from the subjugation and separation of BIPOC individuals, especially Black femmes. As a necessary survival tactic, our ancestors turned their backs on rugged individualism in lieu of deep communalist strategies to withstand the socioeconomic and political wars on Black and POC communities. Join BRAVE in witnessing Professor Ndubuizu revolutionize conceptions of what it means to be a Black woman in a capitalist system, and, through dialogue, to come further into the realization that our most authentic existence has always been resistance.

- **Panelists:**
  - Dornethia “Nee Nee” Taylor, Community Aid, Direct Action and Rapid Response Co-Conductor/Founder for Harriet’s Wildest Dreams
  - Alexis Harper, Educator, organizer, and co-chair of the DC Chapter of the National Lawyers Guild
  - Paz, Grassroots organizer for Libereaders, Harriet’s Wildest Dreams, and Total Liberation Collective
  - Afeni Evans, core organizer with Freedom Fighters DC during the George Floyd Uprisings

- **Moderator:**
  - Dr. Rosemary Ndubuizu, Professor of African American Studies at Georgetown University

- **Facebook Live:** [https://www.facebook.com/events/1370165700112702/](https://www.facebook.com/events/1370165700112702/)
**Trailblazing in the Now: Navigating Post-2020 Professional Spaces**

Navigating the business world can be difficult when it was never made to benefit Black women. Join BRAVE and our panel of trailblazers who have made a place for themselves and others in the workplace. They paved a path for women who look like us to also have a seat at the table, while successfully navigating the workplace themselves. Join us as we engage in discussion with dedicated Black women about the workplace during times of COVID and an increase in Diversity, Equity, & Inclusion awareness.

- **Panelists:**
  - Jordyne Blaise, Founder of Jordyne Blaise and Associates, consulting specializing in Diversity, Equity, and Inclusion
  - Esther Owolabi, Diversity & Inclusion Program Manager at Google
  - Camille Harmon, Educator, principle, and serving on the design team for the Leadership for Equity Institute in Virginia Beach

- **Moderator:**
  - Melody Emenyonu, Georgetown University Junior and Student of Color Alliance Representative for the Black Student Alliance

- **Zoom Link:** [https://georgetown.zoom.us/j/96365051426](https://georgetown.zoom.us/j/96365051426)
Medicine and Melanin: Protecting our Bodies and our Futures

Despite comprising only a small percentage of the US population, Black women are facing outrageously disproportionate rates of infant and maternal mortality and other health disparities fueled by centuries of racist health practices and norms. We also face enormous pressures to support others while our own mental health is often overlooked and neglected. The fight for our futures is being spearheaded by Black female physicians and therapists today. Join us in this panel to discuss the intersections of Black Women’s physical, mental, and social health and how to navigate the oppressive institutions that are central to maintaining our health.

- **Panelists:**
  - **Dr. Naika Apeakorang**, Naturopathic Practitioner, Acupuncturist, and Master Herbalist with a global wellness practice, based in New York City
  - **Dr. Shyneice Porter**, PhD in Family Science, Marriage and Family Therapist, Assistant Professor of Psychiatry at the Georgetown University School of Medicine/MedStar Georgetown University Hospital.
  - **Dr. LaTasha Perkins**, MD, Assistant Professor, Family Physician at Georgetown University School of Medicine

- **Moderator:**
  - **Mariah Sheppard**, Georgetown University Junior in the School of Nursing and Health Studies, and VP of Community Bonding for GU Students for Health & Medical Equity

- **Zoom Link:** [https://georgetown.zoom.us/j/99675790580](https://georgetown.zoom.us/j/99675790580)
**Why Did We Stop Singing**

Musical patterns hold profound ancestral connections that transcend time, hope and imagination for a better world. While songs of performance give us comfort and escape, song of power are tools a non-violent resistance that make our protests, meetings, and movements stronger. Join Makia Green with *Harriet’s Wildest Dreams* to experience a fun and interactive workshop centered around using movement chants as a tool to regenerate and revitalize as we move towards liberation.

**Note:** No singing experience necessary or requested to participate in this session. Songs of power are for regular people. This session is great for people who are not singers.

- **Speaker**
  - Makia Green, Co-Founder and Community Organizer of Harriet’s Wildest Dreams

- **Moderator:**
  - Kayla Edwards-Friedland, Georgetown University Senior and BRAVE Committee Member

- **Zoom Link:** [https://georgetown.zoom.us/j/99917421847](https://georgetown.zoom.us/j/99917421847)
Nourishing Our Souls and Our Legacies: Discussing Our Relationship with Food

Black cuisine is an art that feeds the soul, combining flavors from rich cultures Black cuisines bring families together across the diaspora. From weekly dinners around the table to cookouts and family reunions, food is an essential part of Black culture and joy. However, access to food has historically been a site of continued oppression. Join BRAVE’s panel on food and wellness as we talk about the impact of food on how we feel physically and emotionally, and how Black women relate to food culturally. How is food and cooking both a source of comfort and stress, and what is the role of food in our healing and growth as we try to find just the right recipe to nourish our souls and our legacies.

- **Panelists:**
  - Wendi Cherry, Certified Integrative Nutrition Health & Life Coach | Host of The Sanctuary Radio Show
  - Ruby Lathon, Holistic Nutritionist and Wellness Coach, Director of Roadmap to Holistic Health
  - Charmaine Jones, Founder & CEO Of Food Jonezi

- **Moderator:**
  - Ashanti Callender, Georgetown University McDonough School of Business ‘21

- **Zoom Link:** [https://georgetown.zoom.us/j/98240814752](https://georgetown.zoom.us/j/98240814752)
My Body, My Pleasure: Love, Sex, and Intimacy

Love and sex are among the least publicly talked about categories of our lives, yet it is our loved ones and the intimacy we share with our partners that is integral to who we are. For Black femme bodies, love is often expected to manifests as servitude. Even in 2021, intimacy is generally regarded as taboo within Black communities, meanwhile oversexualization of Black women is at an all-time high as Black women are expected to be the blueprint without recognition or self-actualization. Join us as we embark on the journey to reclaim ownership of Black femme bodies, and to learn how to center ourselves and our deepest needs in our narratives of love, sex, and intimacy.

● Panelists:
  o Dr. Chanel Jaali Marshall, Sexologist, Researcher, HIV Activist and Educator
  o Dr. Marissa Nelson, CEO of Intimacy Moons and Relationship Therapist of XoXo Therapy
  o Dr. Donna Oriowo, Owner and Lead Sex and Couples Therapist of AnnodRight

● Moderator:
  o Brianna Rodgers, Georgetown University Senior majoring in Theology and Sociology with a minor in Economics

● Zoom Link: https://georgetown.zoom.us/j/97877611699
Affirmation Circle
In the wake of a global pandemic and a wave of social transformation, now more than ever, Black women need to protect and prioritize their mental and emotional needs. The health and healing of our communities and individual selves begins with the mind and spirit. Essential to this healing is affirming our own and our sisters’ value as an individual and as part of our communities. Join us as Ms Folasayo speaks about the importance of affirmations and leads a group affirmation circle.

- **Speaker:**
  - Ms Folasayo, Author of 21 Affirmations for a Naturalistah

- Zoom Link: [https://georgetown.zoom.us/j/92602192721](https://georgetown.zoom.us/j/92602192721)
Pick Us: A Conversation with JL
Join millennial feminist thinker, influencer, and game-changing media maverick, Jamilah Lemieux as she speaks about the importance of Black women choosing ourselves, collectively and individually, as a means of survival, resilience, and perseverance. Jamilah keynote speech will be followed by a Q&A opened to the audience members.

- **Keynote Speaker:**
  - **Jamilah Lemieux**, Cultural Critic and Communications Strategist, co-host of the publications Mom and Dad Are Fighting podcast, and author of the soon to be published book *She Bad: Tales of Love, Hate and Baby Motherhood*

- **Facilitators:**
  - **Fatoumata Kaba**, Georgetown University Senior majoring in English and Justice and Peace Studies, and Director of BRAVE
  - **Symone Harmon**, Georgetown University Senior majoring in African American Studies, and Director of Speakers for BRAVE 2022
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