

HONORING EMOTIONAL FITNESS THROUGH COMMUNITY & CULTURE

ROOTED

in strength

Hosted by:



Join us in recognizing **Minority Mental Health Awareness Month** with a special event dedicated to emotional **fitness**, community **support**, and **empowerment**

- Engaging discussions
- Expert speakers
- Free Resources
- Door Prizes



Opening Comments:
Eric Hargrave

Panelists:
Elizabeth Brunscheen-Cartagena
Winnia Sithideth
Ngoc Vuong
Bernestine Williams
Jamaal Jones
Dr. Rhonda Lewis
Yeni Silva-Renteria
Dr. Hiba Abualama
Dr. Htet Htet Lin
Dr. Alisha Sapkota
Dr. Rojal Rijal

Free Resources Provided by:

Bel Aire Recovery Center | Central Plains Area Agency on Aging | COMCARE | DCCCA
Fountain of Life Ministries | Hunter Health Clinic | Kansas Association for Black Psychology
Breakthrough Clubhouse | Mental Health America of South Central Kansas | Project Access
Ross & Associates Counseling | Sedgwick Co Health Department | SOMA Therapy | Suspenders4 Hope
Urban League of Kansas | Valley Hope Addiction Treatment & Recovery | Grace & Hope Recovery
Wichita Area Sexual Assault Center | Wichita State Community Engagement Institute | Gates Institute

Saturday, July 19, 2025 | Noon to 4:00 pm
WSU Metroplex | 5015 E 29th Street N