

logo not found or type unknown

Free Zoom Session on Hurricane Preparedness and Mental Wellness Set for August 18 by H.O.P.E. Incorporated and Partners

Event to Feature Experts on Trauma Response, Financial Stability, and Cultural Healing Techniques in the Wake of Hurricane Ernesto

Community Center / **Published On August 18, 2024 06:17 AM /**

Staff Consortium **August 18, 2024**

Image not found or type unknown



Hurricane Irma impacted St. Thomas in September, 2017. By. V.I. CONSORTIUM

H.O.P.E. Incorporated, the nonprofit arm of Girlfriendism International, is inviting the community to a free virtual session focused on hurricane preparedness and mental wellness. The session, titled "Hurricane Preparedness Virtual Community Wellness Session", will be held via Zoom on Sunday, August 18th, 2024, at 5 p.m.

The session comes in response to what the nonprofit says is a surge in anxiety, depression, and PTSD-related discussions that surfaced on social media as Hurricane Ernesto approached. Dr. Khnuma Simmonds, founder of Girlfriendism International and executive director of H.O.P.E. Incorporated, highlighted the importance of community support during such stressful times.

“Hurricane Ernesto has triggered a wave of social media and private posts about feelings of anxiety, depression and even PTSD,” Simmonds said. “As a brand that just celebrated friendship with 26 women in Bali & Thailand during the 2024 Girlfriendism Retreat on National Girlfriend Day, we understand the importance and power of friendships in fostering feelings of connectedness and belonging.”

According to the release, the event will feature a series of discussions led by H.O.P.E. and Healing Partners, a group of community partners and entrepreneurs from the Virgin Islands, Guyana, and the mainland U.S. These individuals will share resources on recognizing trauma responses, mental health during hurricane season, financial preparedness for natural disasters, Afro-Caribbean spirituality, and mindfulness techniques, the organization said.

Key speakers include:

- Dr. Khnuma Simmonds, a sexual violence prevention advocate and founder of Girlfriendism International and H.O.P.E. Incorporated.
- Dr. Vincentia Paul-Constantin, a licensed psychotherapist and founder of Beautiful Dreamers Behavioral and Educational Center.
- Carlotta Walcott, M.A., a therapist and founder of Healthy Relationships Imperatives in Guyana.
- Shawn Williams, a certified financial coach and founder of Dubya Consulting, LLC.
- Maudiana John Baptiste, M.A., an Afro-Caribbean spiritual coach and founder of Caribbean Owl.

The session is free for up to 100 participants and will be accessible through the Zoom platform, which offers translation in 35 languages including English, Spanish, French, and Chinese. Attendees can join by scanning a QR code or entering the Zoom link manually: <https://us02web.zoom.us/j/86956207530>. The event will also be livestreamed on H.O.P.E.’s Facebook page @hopeusvi.

For more information on H.O.P.E. Incorporated and its initiatives, including The HOPE Survivor Project – The Art of Emancipation & Empowerment through Embodiment & Entrepreneurship (EEEE), visit www.hopeusvi.org. Those interested in supporting or getting involved with H.O.P.E. or Girlfriendism International can email girlfriendism@gmail.com or subscribe for updates at www.girlfriendism.com.