



Recovery Communities of North Carolina  
Promoting recovery from substance use disorder and  
maintaining health, in the community and statewide.

# TILLING THE SOIL

## MINDFULNESS

### IN TRIPLE PANDEMIC OF 2020



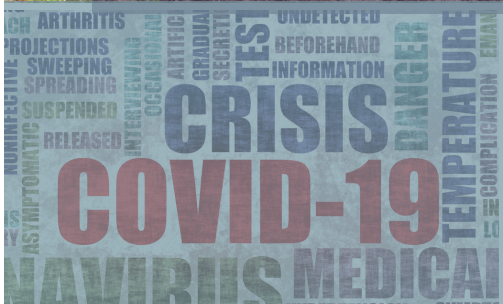
SATURDAY, SEPT 4, 2021  
10:00 AM - 2:00 PM EST



FREE VIRTUAL  
WORKSHOP



SEND EMAIL TO  
TCONYERS@RCNC.ORG



## INJUSTICE



## WHY THIS WORKSHOP

MANY OF US WERE NOT PREPARED TO WITNESS THE TRAUMA AND CHRONIC STRESS OF YEAR 2020. FOR THE LAST 1 YEAR, 5 MONTHS AND COUNTING, WE'VE BEEN EXPERIENCING (3) GLOBAL PANDEMICS ALL AT ONCE: SOCIAL INJUSTICE, ECONOMIC INSTABILITY AND COVID-19.

WIDESPREAD STAY AT HOME ORDERS, SOCIAL DISTANCING, CANCELED TRAVEL & COLLECTIVE LOSS AFFECT OUR SOBRIETY, RECOVERY, MENTAL HEALTH OR GENERAL WELL-BEING. SO, MAINTAINING PEACE OF MIND CAN FEEL LIKE A CHALLENGE DAILY.

THIS INTRODUCTORY WORKSHOP IS ESSENTIAL TO TILL THE SOIL OF OUR MINDS, ESTABLISH PEACE THERE & SEE OPPORTUNITY WHERE THERE IS

## TARGET AUDIENCE

This workshop is for:

- Those dealing with substance use disorder, their family and allies as well as the providers of treatment and recovery services
- Those looking for practical tools to strengthen mental wellness- personally or for clients
- All are welcome, with a special emphasis on BIPOCs (Black, Indigenous, and Persons of Color)





Recovery Communities of North Carolina  
Promoting recovery from substance use disorder and  
maintaining health, in the community and statewide.

# TILLING THE SOIL

## MINDFULNESS

IN THE TRIPLE PANDEMIC OF 2020



SATURDAY, SEPT 4, 2021

10:00 AM - 2:00 PM EST



FREE ZOOM WORKSHOP WITH REGISTRATION



EMAIL [TCONYERS@RCNC.ORG](mailto:TCONYERS@RCNC.ORG)



**BENUUAS KENYA POPE**

RETREAT LEADER

[HTTP://GODDESS.KENYAPOPE.COM](http://goddess.kenyapope.com)

[WWW.KENYAPOPE.COM](http://www.kenyapope.com)

RCNC HEALTH & WELLNESS ADVOCATE/ CONSULTANT-  
Benuuas Kenya Pope...is a speaker. Daughter. Business Coach.  
Mother. Retreat Leader. Advocate. Full-circle Doula. Friend.  
committed to birthing inspired leaders who make a bold  
difference in the world - while they heal. Certified in Mind-  
Body-Medicine, Benuuas Kenya works with those who  
struggle with substance use disorders, their families and allies  
& supports survivors of complex trauma tied to imperialism or  
gender -based crimes. Her Greatest Offering is that embodied  
wholeness (being whole, healthy and complete in mind-body-  
soul) is accessible to us all..

### LEARNING OBJECTIVES

By participating in this workshop you will:

- Engage in necessary dialogue regarding mental health, stress and triple pandemic of 2020
- Join a sacred space for clarity, courage, and truth
- Leave with mindfulness tools to spark seeds of peace in the soil of your mind and support your recovery moving forward

FREE WORKSHOP THANKS TO OUR SPONSORS

