

2022 Independence Freedom Festival

Women’s Expo Schedule: Independence starts with Me – Handling my Body, Business & Bae

Saturday, July 2, 2022

Times	Focus	Sessions	Description	Presenters
Business				
10:30 am	Entrepreneurship Focus	Starting a Home Business: Secure that Bag	During the pandemic, more people left their jobs than ever. Learn how to find a business you can do at home. We will help you identify your passions and create a business you would love to do. Also, discover how to find the financial resources you need. “If you find a job you love, you’ll never work again”, Winston Churchill.	Laura Thompson
11:30 am	Retirement Focus	Retirement: Starting Small	It’s never too soon to start small and think about financing your future. Most of us never have thoughts of retirement when we are young. Come learn how to make small changes or investments that will make a big difference when you retire.	Juanita Stephen
2:30 pm	Entrepreneurship Focus	Who do you Know???	Networking is about establishing, building, and nurturing long-term, mutually beneficial relationships (personal/professional) with the people you meet. Are you networking efficiently and effectively? Building successful networks is the key to a successful business.	Laura Thompson
3:30 pm	Wills, Estate Planning Focus	Leaving A Legacy: Preparing for and Handling the Death of a Loved One	Join Attorney Whitney Thomas as she briefly discusses the importance of proper estate planning and the legal situations that arise when a loved one passes away.	Whitney Thomas, J.D
Relationships				

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10:30 am and 11:30 am	Mind Focus	Do you!	How to reduce stress and take care of “us” through prayer/meditation, devotion, self-reflection, and journaling.	Sandra Webster-Brown
2:30 pm	Personal Support Focus	UNPLUGGED!	Let’s turn off our phones and have a conversation with each other.	Dr. Keely Holland Petty
Health				
10:30 am and 11:30 am	Mental Health Focus	“Feel My Pain: Connecting Grief to Anxiety, Depression and Boundaries”	This workshop will show you how to connect it to anxiety, depression & boundaries.	Dr. Waynette Turner and Deondra Crippen
2:30 pm and 3:30 pm	Mental Health Focus	“Families and Mental Health: Smiling on Our Journey”	A community dialogue regarding mental wellness where participants will increase their understanding of mental health and practice healthy group dialogue. The purpose of this community conversation is to help families engage in healthy dialogue while learning how to care for their personal mental health and that of their families.	Dr. Donnie Windham Whited and Donna Costa
Happy Hour				
4:00 – 6:00pm	Body Focus	Line it up!!	Learn the latest line dances	Toni Armstead

ABOUT THE PRESENTERS

Business

Laura Thompson was born with an entrepreneurial spirit. She is currently the Creator and CEO of TAAN TV – The African American Network, a digital television network; founder of Sistas in Business, an organization that provides information and networking opportunities for African American women; she is an author, publisher of Who's Who in San Antonio, the African American edition; ghostwriter for three books and wrote and published two books of her own. She was the owner of Laura Thompson Agency, a media and public relations firm, for 16 years.

Juanita Stephens is CEO of JStephens Wealth Management and is an experienced Wealth Manager of 18 years. She helps her clients build long-term wealth through education and communication. She conducts financial literacy classes to ensure that the community as a whole is not left behind.

Whitney Thomas is the Outreach Attorney for the San Antonio Bar Association. She creates and organizes community content through a community site, SALawHelp.org, develops outreach programs, and manages the Lawyer Referral Service. Before joining the SABA team, Ms Thomas practiced law at the Johnny W. Thomas Law Office, P.C. She focused her practice area on estate planning, probate, guardianships, and bankruptcy. Ms Thomas is an alumna of Hampton University in Hampton, Virginia, where she received her Bachelor of Science in Marketing in 2010. She attended Southern University Law Center in Baton Rouge, Louisiana, where she received her Juris Doctor in 2015 and served as Editor-in-Chief of the Journal of Race, Gender, and Poverty.

Relationships

Sandra Webster-Brown LPC, NCC (she/her) is a counselor in Live Oak, TX, specializing in Anger Management and Anxiety, in addition to other issues.

Dr Keely Petty is a Certified Life Coach, Cognitive Behavior Therapist, Temperament Counselor, Certified Mental Health Instructor, CPI Verbal De-escalation Instructor, Recovery Coach, and a Substance Abuse Prevention Training Specialist. She is a graduate of The FBI and DEA Citizens Academy, The University of Incarnate Word with a BA in Communication Arts, a Master's and Doctorate Degree in Christian Counseling from The Royal Priesthood Academy, and is a Professional Clinical Member of the National Christian Counselors Association, and the National Association of Cognitive Behavior Therapy. Dr Keely is a Prevention Consultant with the Opioid Response Network State Targeted Network.

Health

Waynette N. Turner, EdD, MA, MCM, LPC, NCC, is a native of San Antonio, Texas. She is an ordained Minister and Founder/Chief Executive Officer of Tabernacle Generation Ministries, Operations Director of Turner of Life Counseling and Principal of WayTurner Consulting, LLC. She is a Spiritual Teacher, Mentor and Community Advocate and believes that “Happiness is a choice, but joy is the promise.”

Deondra Crippen, MA - possess a Master of Arts in Counseling, Wayland Baptist University San Antonio and Bachelor of Applied Science in Human Services with Specialization in Psychological Studies, Wayland Baptist University San Antonio. Her practice focuses on Teenagers (13+) and Adults (20+), Active Service Members, Veterans, and Military Families

Donnie Windham Whited, Psy.D. – National Alliance On Mental Illness (NAMI) SA, Board member and Educational Committee chairperson. Dr Whited oversees various Signature NAMI programs and services for individuals, family members, friends, professionals, schools and communities.

Donna Costa, LMSW – The Cohort Development Coordinator for NAMI-Bridges to Care San Antonio. In this role, she connects faith communities and organizations with mental health training that support them in creating mental health initiatives within their communities.

Happy Hour

Toni Armstead is an instructor of line dancing, blues, R&B, jazz, hip hop, Soul and zydeco dance.