

TEACH ME HOW TO HEAL

THE NEW YORK EDITION

LONG ISLAND, NY

SATURDAY APRIL 20, 2024 (8AM - 4PM)



Ask Schellie Consulting, LLC will be hosting a one-day Mental Health Conference on April 20th at the Long Island Marriott

TEACHMEHOWTOHEAL.COM



TEACH ME
HOW TO
heal
THE
NEW YORK
EDITION

HOSTED BY ASK SCHELLIE CONSULTING

LONG ISLAND MARRIOTT, UNIONDALE, NY

S A T
APR
20
8am - 4pm

THIS EXPERIENTIAL CONFERENCE INCLUDES SPECIAL GUESTS & KEYNOTE
SPEAKERS + WELLNESS EXPERTS AND CLINICIANS + A CATERED LUNCH
FEATURING BREAK OUT HEALING SESSIONS
EARLY BIRD PRICING AVAILABLE SOON
VISIT www.teachmehowtoheal.com

PRESENTING SPONSOR: ZETA PHI BETA SORORITY, INC., RHO OMEGA ZETA CHAPTER



TEACH ME HOW TO HEAL

This one-day conference is designed to educate and empower attendees on what it looks like to achieve emotional healing and mental health stability.

As an Attendee, you will learn about various types of therapeutic interventions and will be inspired by professionals who have facilitated healing in their areas of expertise. From understanding the various types of therapeutic treatments that are best for you, to gaining insight into what a road to recovery and maintenance looks like; the conference will help you unlock the version of yourself that is waiting to thrive in life.



The Purpose



“Teach Me How To Heal” is an experiential conference featuring: Wellness Experts, Clinicians, and intense learning. Therapeutic break out rooms include Hypnosis (For VIP only), Stress & Anxiety, Depression, Trauma, and Self Worth.

Recovery rooms to decompress after breakout sessions include Art Therapy, Dance, Aroma Therapy with Meditation, and Yoga. It will be a complete mental wellness experience.



Schellie Fanfan

Ms. Fanfan is the CEO and Owner of Ask Schellie Consulting, LLC which is a Mental Health Practice that provides healing access to individuals overcoming emotional injury. Ms. Fanfan and her powerful team of professional speakers set out to elevate the State of New York and the surrounding areas.

"My team is hosting this conference because healthy communities promote a healthier nation."

FOX 35
ORLANDO



BNC

**Boston
Herald**

Los Angeles Times



After years of teaching, motivating and counseling others, I had reached a point in my life where I needed to apply all that I had taught, to my own life in order to overcome depression, anxiety, stress, suicidal thoughts, divorce and intense anger.

I was intentional. I was consistent. I was **RELENTLESS** with my journey to LIVING IN MY SMILE. I journaled and memorialized this breakthrough season in my life to be able to teach the world the secret sauce to self-acceptance and internal JOY that does not rely on external life circumstances.

What makes me different from the rest? Not only do I teach it, I LIVED IT. Through vulnerability with strong mentors and counselors, I was able to go from a highly functional successful woman to a highly functional, healed and whole successful woman WITH the capacity to be present in a healthy way in the multiple roles I hold as a change agent. I understand the power of practical steps to wellness through the intentional enhancement of emotional intelligence. I no longer have to hide BEHIND success, I can **STAND ON IT** to make my message the LOUDEST! Change agents CANNOT take others to destinations they have not arrived. That is why my purpose fuels me to bring people out of emotional spaces that do not align with the abundance and prosperity that is available to us all.

MEET OUR PRESENTING SPONSOR

**ZETA PHI BETA SORORITY,
INCORPORATED,
RHO OMEGA ZETA CHAPTER
LONG ISLAND, NY**



Zeta Phi Beta Sorority, Inc., Rho Omega Zeta Chapter, chartered on July 2, 2000, serves the North Shore region of Long Island. The Chapter is committed to the progress of people of African descent globally and the promotion of its sorority's ideals of Scholarship, Service, Sisterly Love, and Finer Womanhood. This is achieved through cultural, educational, literacy, and scientific programming on a charitable local, national, and international level.

Recently, Zeta Phi Beta Sorority, Incorporated partnered with Mental Health America, the nation's leading national nonprofit dedicated to the promotion of mental health, well-being, and illness prevention. This partnership serves to broaden the reach of resources and reduce stigma in marginalized communities, while focusing on closing the mental health equity gaps through advocacy, education, and research.

ZETA PHI BETA Programs geared specifically toward the Mind addressing Mental Health Matters include:

1. More Than The Blues Depression
2. Depression Disorders
3. Stress Management
4. Domestic Violence
5. Caregiving For The Mentally Ill
6. Self-Esteem Does Matter
7. Stress In The Workplace
8. Substance Abuse
9. Elder Abuse
10. Dealing With The Passing of A Loved One



- Zetas Helping Other People Excel, also known as Z-HOPE™ is the National Service Program of Zeta Phi Beta Sorority, Incorporated.
- Each year for the past 20 years, over 35,000 Men, Women, Youth and Seniors have participated in our Z-HOPE Mental Health Programs implemented by Chapters across the country.

MEET OUR SPEAKERS



DR. JANIE LACY
LMHC, CSAT-S

*International Speaker
and Trauma Expert*



**DR. MARCEA
WHITAKER**

*International
Keynoter and
Physician*



**CHRIS
HAMPTON**

*Transformational Speaker
and Mental Hygiene
Advocate for Men*



DR. RHONDA WOOD

*NAMI Board Member,
Best Selling Author and
International Mental
Health Advocate*



DR. LAUREN JOSEPHS
LMHC

*Behavioral Scientist
and LMHC*



DERDINE BROWN
LMHC

YOGAPY Founder

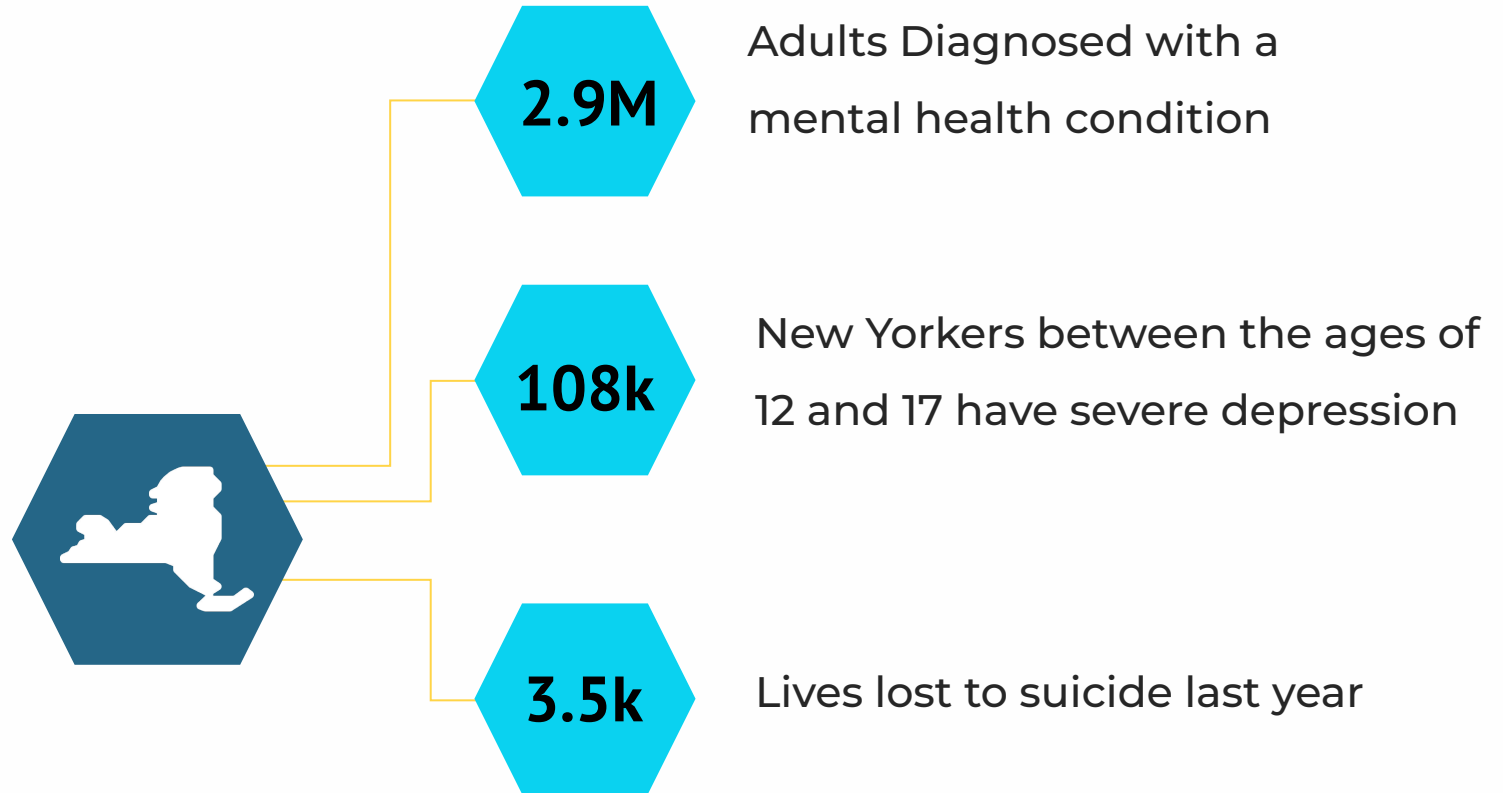


DEYNA GOMEZ

*Stress and Anxiety
Coach*

The Facts & Statistics

Every year, more than 1 in 5 New Yorkers has symptoms of a mental disorder. Moreover, in any year, 1 in 10 adults and children experience mental health challenges serious enough to affect functioning in work, family and school life.





KEY TOPICS

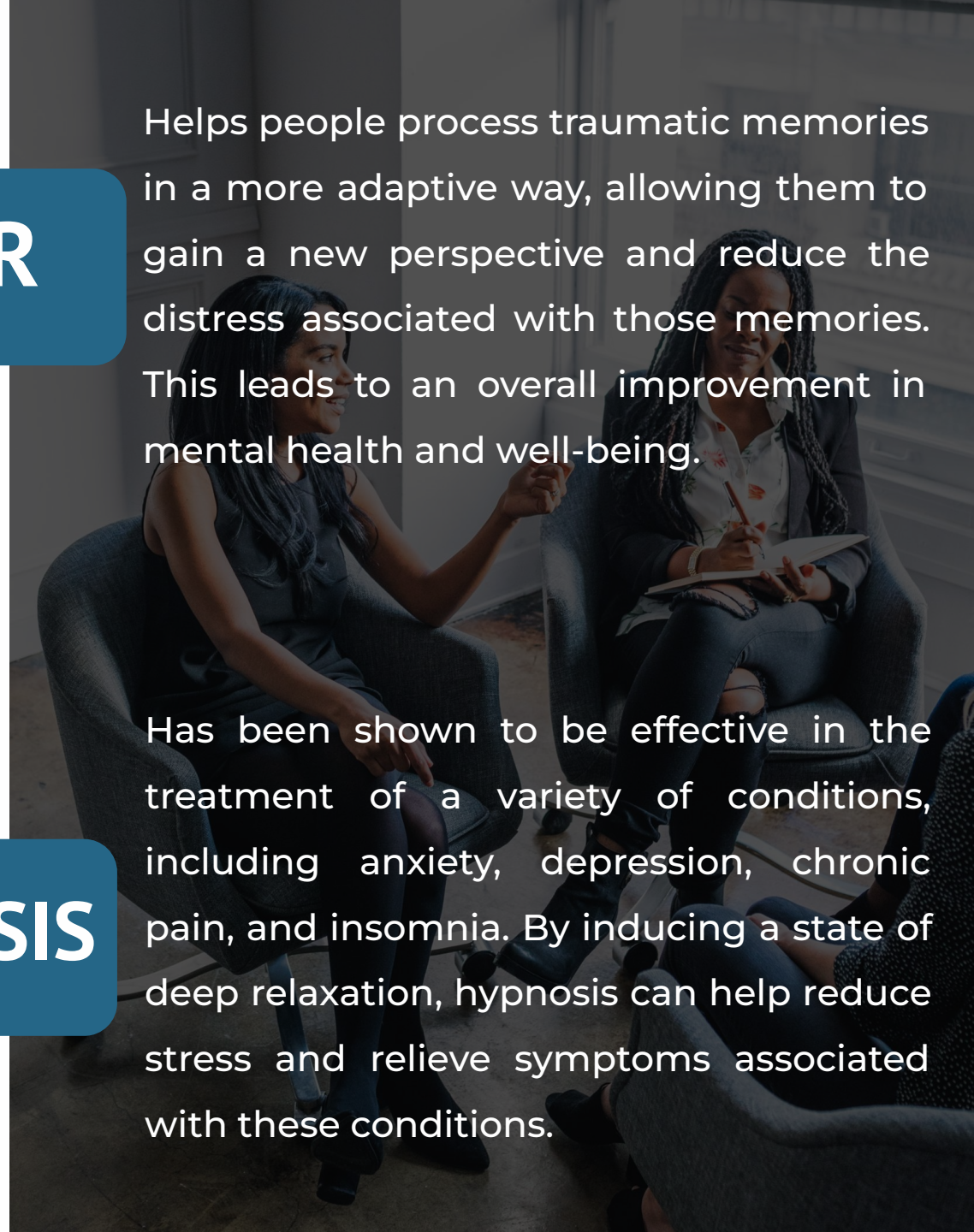
The Teach Me How To Heal Conference endeavors to provide attendees clarity on how to maximize their wellness while accessing resources within their communities. Mental health issues promote homelessness, crime, recidivism, addiction, child abuse and more. It is time to address the root of the matter in so many of our communities.

EMDR
THERAPY

Helps people process traumatic memories in a more adaptive way, allowing them to gain a new perspective and reduce the distress associated with those memories. This leads to an overall improvement in mental health and well-being.

HYPNOSIS
THERAPY

Has been shown to be effective in the treatment of a variety of conditions, including anxiety, depression, chronic pain, and insomnia. By inducing a state of deep relaxation, hypnosis can help reduce stress and relieve symptoms associated with these conditions.





EFT TAPPING

An EFT certified therapist will be presenting at the conference to teach attendees THE HOW to effective tapping. A groundbreaking study revealed the effectiveness of tapping as a way to address symptomatology associated with anxiety.



COGNITIVE BEHAVIORAL

Intercepting thoughts and perceptions that influence behavior, CBT is an evidence-based, science backed form of talk therapy effective for the treatment of depression, anxiety, eating disorders, trauma, obsessive compulsive disorders and more.



YOGA

According to Complementary Therapies in Medicine, YOGA is an efficacious way to manage stress, lower anxiety, increase self worth and promote internal balance. Conference attendees will be led in a YOGA session, by a certified instructor and Licensed Clinician, to decompress at the end of the conference.



MEDITATION

According to Harvard Health Publishing of Harvard Medical School, 19,000 meditation studies revealed that meditation is effective with relieving psychological distress. Attendees will be provided the opportunity to decompress through Light Alchemy Meditation led by a trained facilitator.





ART

The American Art Therapy Association defines Art Therapy as a therapeutic intervention that can help cultivate emotional resilience while resolving psychological distress. To ensure attendees have the opportunity to achieve balance after the conference, an Art Decompression Room will be provided and led by a Master's Level Therapist.



DANCE

Dance causes the body to release hormones such as dopamine, serotonin, adrenaline and endorphins that cause humans to experience positive feelings and high moods. Dance also decreases stress hormones in the body which leads to a decrease in stress, anxiety and depression. Dance will be used to help attendees with decompressing while having fun!





Get Your Business More Exposure to Our Audience

Our audience consists of healthcare professionals, wellness experts, and individuals from all walks of life who are looking to improve their overall health and well-being. This includes doctors, nurses, therapists, nutritionists, personal trainers, and other healthcare professionals, as well as individuals looking to take a proactive approach to their own health and wellness.

“Working with Schellie has been an incredibly transformative experience for me. Her empathy, insight, and understanding have helped me navigate some difficult personal challenges and come out the other side feeling stronger and more resilient. I would highly recommend her to anyone looking for growth and healing”

Elizabeth F.

Ask **Schellie**.com

“I've been seeing Schellie for several months now and the progress I've made has been nothing short of amazing. Their gentle, supportive approach has helped me work through some deep-seated issues and make positive changes in my life.”

Jonathan L.



LAST YEAR'S EXPERIENCE



STANDING ROOM ONLY!



**Interactive & Experimental
Breakout Sessions**



OVER 125 Attendees Impacted
in Orlando, FL in April of 2023

100% of attendees stated they would return annually for this type of conference.

OVERWHELMING POSITIVE FEEDBACK

"The sessions were fun and educational at the same time."

Edward

"I did not expect the conference to be so powerful and impactful. I came to support a friend and learned how wounded I really am."

Charlene

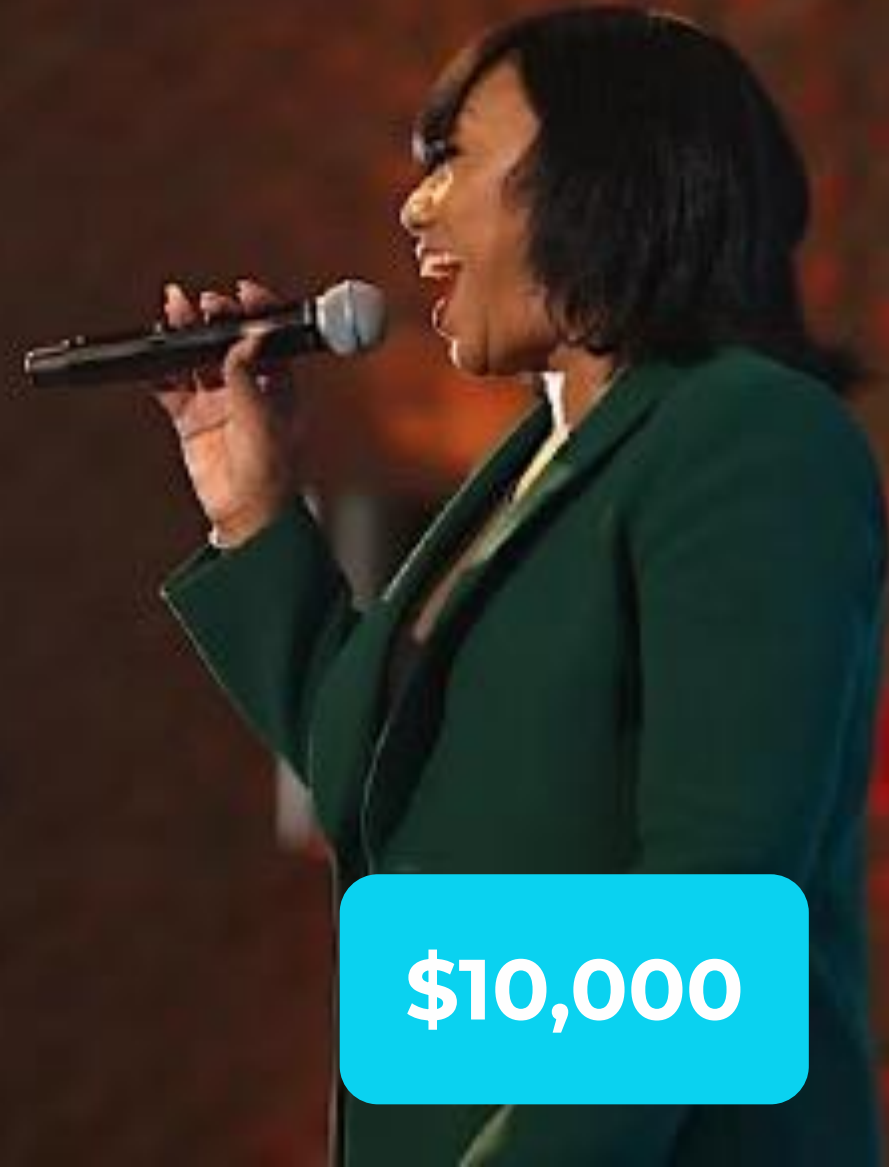
"I left wanting more. It was an excellent conference."

Farrah



PLATINUM LEVEL SPONSORSHIP

- Sponsor remarks during opening reception & luncheon
- Ten VIP reserved seats with priority access to Hypnosis Room and Recovery Rooms
- Consistent honorable mentions during conference
- Company logo and recognition as a sponsor on all marketing materials – flyers, email blasts and social media posts
- Industry exclusive sponsorship
- Company logo on the New York Edition Conference step & repeat photo wall
- Company logo displayed on promo video
- Link to company website and contact information including logo on pre- and post-event email blasts
- Vendor and Marketing opportunity: door prize giveaways and product placement, per venue protocol; option to host a social media giveaway



\$10,000

GOLD LEVEL SPONSORSHIP

- 4 VIP reserved seats with priority access to Hypnosis Room and recovery rooms and verbal recognition during event
- 4 general admission tickets
- Company logo and recognition as a sponsor on all marketing materials – flyers, email blasts and social media posts
- Company logo on the New York Edition Conference step & repeat photo wall
- Company logo displayed on promo video
- Link to company website and contact information including logo on pre- and post-event email blasts
- Vendor Marketing opportunity: door prize giveaways and product placement, per venue requirements

\$5,000

RUBY LEVEL

SPONSORSHIP

- Sponsor 5 sessions of Mental Health Therapy to a person in need
- 2 VIP reserved seats with priority access to Hypnosis Room and recovery rooms and verbal recognition during event
- 2 general admission tickets
- Company logo and recognition as a sponsor on all marketing materials – flyers, email blasts and social media posts
- Company logo on the New York Edition Conference step & repeat photo wall
- Company logo displayed on promo video
- Link to company website and contact information including logo on pre- and post-event email blasts



\$3,000



SILVER LEVEL SPONSORSHIP

- 2 VIP reserved seats with priority access to Hypnosis Room and recovery rooms and verbal recognition during event
- 4 general admission tickets
- Company logo and recognition as a sponsor on all marketing materials – flyers, email blasts and social media posts
- Company logo on the New York Edition Conference step & repeat photo wall
- Company logo displayed on promo video
- Link to company website and contact information including logo on pre- and post-event email blasts

\$2,500

BRONZE LEVEL

SPONSORSHIP

- 2 VIP reserved seats with priority access to Hypnosis Room and recovery rooms
- Verbal recognition during event
- Company logo on flyer

\$1,000



THANK YOU!

In order to make this conference accessible to all, which includes those experiencing financial hardship and/or those living in underserved areas, sponsorships are needed to bring this to full throttle fruition.

If you are interested in sponsorship opportunities, please contact us at events@teachmehowtoheal.com.

www.teachmehowtoheal.com