

THE 2020 SCHEDULE

Wednesday June 10—1-2PM The MANY MEANSING AND FACES OF

RECONCILIATION: A conversation with motivational speaker **Larry Shaw**, family restoration expert **Mike Smothers**, and selfcare guru and Young Parents Elevation Network **founder Jennifer Yolanda Okosun**.

jonetta rose barras, and authority on reconciliation and founder of Esther Productions Inc., serves as the moderator.

Thursday, June 11-- 1-2pm—YOUR JOURNEY, YOUR VOICE: **Larry Shaw and Jennifer Okosun** continues the journey, sharing participants stories and questions as they provide greater details about the reconciliation process and why it is important.

Friday, June 12—1:00 – 2:30pm FROM SELF-CARE TO FAMILY RESTORATION: Every journey begins with you. It is nearly impossible to reconcile successfully with an estranged parent, child, relative, friend without first reconciling with self. In truth, self-reconciliation is self-care.

How can the absence of self-care affect mental and physical health, including the harboring of unresolved trauma? What role does self-reconciliation play in recognizing such problems and reducing their adverse consequences? How does one get started? What are things the self-reconciling traveler should look for?

Those are a few questions that will be answered by **Jennifer Yolanda Okosun and Michelle Garcia**, executive director of the District of Columbia's Office of Victim Services and the Office of Human Rights.

Later, **jonetta rose barras** and **Mike Smothers** provide a roadmap from self-care to family restoration, examining the issues that often intrude in the maintenance of a healthy loving family and how they can be eliminated or minimized using the reconciliation process..

The audience will be invited to share their own stories or experiences about self-and family reconciliation.

Saturday June 13 and Sunday, June 14—REFLECT AND PLAN: Much has been discussed over the past three days. It's time now to take a moment and consider what you want to do. Are you ready to commit yourself to self-reconciliation to family reconciliation? Do you know why you want to take this journey? Do you have questions about the process?

Come to the events **Facebook page @NationalReconciliationWeek** for tips, affirmations and inspirational guidance and you take a brief internal trip to assess where you are.

Then, get ready for Part 2 of NATIONAL RECONCILIATION WEEK: For Self & Family

Monday, June 15—1-2 pm-- CO-PARENTING 101: We've talked about self-reconciliation and its importance, especially to family reconciliation and restoration. Co-Parenting 101 makes clear why it is important to come to terms with yourself. **Mike Smothers** shares his personal story about the journey to co-parenting, including the personal and environment conditions that needed to be present to help him appreciate the mother of his daughters, his daughters and himself. **Jennifer Yolanda Okosun** puts it all together as a preliminary opening for her more detailed Co-Parenting training session later in the week.

Tuesday, June 16—1-2 pm –FATHER-DAUGHTER RELATIONSHIPS AND RECONCILIATION TAKE CENTER STAGE: **jonetta rose barras**, author of *Whatever Happened to Daddy's Little Girl? The Impact of Fatherlessness on Black Women* talks with one of the country's foremost authorities on father-daughter relationships. **Dr. Linda Nielsen, author of "XXXX**, discusses the dynamics in one of the most important familial units. She provides insights and tips about how to protect it and how the two might reconcile when there has been a breach in the relationship.

Wednesday, June 17—1-3pm—FROM THEORY TO PRACTICE: PUTTING IT ALL TOGETHER. In this two hour training session **Jennifer Okosun and Mike Smothers** share specific "how to" steps for developing the proper internal and external environment for divorced parents or parents who may have never married to establish family and implement a co-parenting system that is healing and healthy for them and their children.

Later, **jonetta rose barras**, will offer a step-by-step guide for daughters who may want to reconcile with their fathers. And, if their fathers are no longer around or can't be found, she will assist participants in designing a solo-reconciliation plan that will bring them the healing they need to begin to have healthy and whom relationships with themselves and others.

As the week closes out, the audience will have the opportunity to interact with the experts, asking questions, offering comments and sharing their stories.