

# DR. CERRISSA HUGIE

Author | Speaker | Mental Health Advocate | Consultant

We guide organizations to cultivate & create healthy MyNDSpaces through promoting mental health awareness and sensitivity, trauma-informed education, & emotional wellness skill building. Our ultimate goal is to reduce mental health disparities to bridge the gap between organizations and mental health.



## SPEAKING TOPICS

### Cultivating & Creating Healthy MyNDSpaces™: 9 Strategies to Emotional Wellness & Personal Growth Curriculum

- Emotional Wellness Series
- Self-Care Series
- Personal Growth Series

### MyNDSpace™ Trauma-Informed Curriculum

- Trauma 101, Unlocking Childhood Trauma, Post-Traumatic Stress Disorder, Neurobiology of Trauma & more

### Healthy MyNDSpaces™: Racial/Cultural Trauma Informed Carve-Out

- Historical/Racial Trauma, Cultural Humility/Cultural Competence, Gender Specific Trauma-informed Approaches & more

### Psycho-Education & Guest Lecture Series

- Mood Disorders
- Anxiety Disorders
- Bipolar Disorder
- Neurodiversity: ADHD & ASD

## PAST CLIENTS



**FRONTLINE**  
SOLUTIONS

**abbvie**



Many thanks for your participation in the Conversation on Race and Health Equity on Tuesday! I thought that you did an incredible job, and you'll see from the attached evaluation that participants thought so as well! Look forward to future opportunities to engage you in the efforts of Healthy Tri-County.

**Kellye McKenzie, MPA**

Former Director  
Health at Trident United Way

[Click here to submit your inquiry.](#) ✨

For additional information:

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