

Single, Secluded & Isolated

A discussion for singles in quarantine to transform and renew their minds

RESOURCE & TOOLS GUIDE



Held online via Zoom
Friday, April 17, 2020 • 3:00 p.m.
Tuesday, April 21, 2020 • 3:00 p.m.

HOW TO REACH US AFTER THIS EVENT

We would like to thank you for participating in today's online meet up. We trust that you are encouraged, equipped, empowered, and ready to face tomorrow with joy. If you would like to participate in one-on-one or group therapy or assistance beyond what we offered today, please know that we are committed to helping you navigate through this new normal. Do not hesitate to contact us.



Dr. Eugene R. Furnace, DBH, MS, MBA, MABE is available for spiritual counseling. He has served as a professor and practitioner of integrative medicine that addresses physical, psychosocial and spiritual health and wellness. He serves as a consultant for healthcare agencies and director of a nonprofit that provides continuing education for providers and community health education for individuals and families.

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Dr. Monica Y Jackson, Ph.D., MBA is the proprietor of Dr. Monica Y. Jackson Educational and Design Services providing instructional design, content development, project management, online education program design and professional training and development to businesses and universities. She is passionate about assisting the underserved, evident in her stint as a talk radio host entitled The Journey. She has served as a professor and administrator in life skills, business and healthcare leadership. She also served on the African American Advisory Board at Parkview Hospital.

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HOW TO REACH US AFTER THIS EVENT (continued)



Dr. Holly Sawyer, Ph.D., MS, LPC, NCC, CAADC is committed to making living a priority for her clients. She has worked in substance abuse treatment centers. She is particularly passionate about helping professional women of color. She is a professor and licensed to serve clients in Philadelphia, New Jersey, Louisiana and Florida.

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Rev. Martinez "Marty" Sellers, AMFT, MTS is passionate about helping individuals and families discover effective ways of committing to treatment, communicating their needs and reclaiming their best life. He specializes in anxiety, depression, couples, LGBTQ community, men's issues and family court matters. His team is available for clinical counseling, free of charge, for singles in need of counseling beyond today's event.

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FIND CREATIVE WAYS TO CONNECT

Don't wait for others to do what you can do. Think outside the box and use this time to learn something new and teach others what you know. Here are some recommendations

- Take an online class with friends and/or family
- Create online meetups – virtual Sip 'n Paint; Happy Hour; wine tasting
- Host Online workout/exercise sessions
- Dance with friends/family online
- Play online games with friends via webcam
- Beauty night – teach women how to do their makeup, hair, nails
- Listen to books audibly
- Club Night – be the DJ and invite friends/family
- Start a book club or Bible study
- Pray via conference call or webcam
- Host contests – cupcake decorating, plating/presentation, cake decorating
- Creative activities – edit images, art drawing, poem writing and read aloud with friends. Judge activities and award winners
- Online Karaoke with friends and/or family
- Look for YouTube videos to learn a new craft, home project, etc.

The following is a list of some free tools that will help you connect with others in a more personal way.

Tool	Purpose	How to Obtain
Facebook	Connect with others, chat, calls	Facebook.com
FaceTime	Video call via iPhone	apple.com
Google Duo	Video call via Android	duo.google.com
Harvard University	Online courses	Online-learning.harvard.edu
Instagram	Video calls	www.instagram.com
Lynda.com	online courses	lynda.com
Meetup	Create an event and invite others or find an event in your area	www.meetup.com
MIT	Online courses – computer science, business, language, humanities	edx.org
Udemy	Online courses	www.udemy.com
WebEx	Video conferencing	www.webex.com
Zoom	Group video calls with numerous participants simultaneously	www.zoom.com