

Chi Sigma Iota Upsilon  
Nu Chi Presents



# Redefining Wellness by Setting Realistic Expectations

Featuring: Dr. Jasmine Garland McKinney



THURSDAY APRIL 11TH  
ONLINE FROM 7PM-8PM  
LINK TO FOLLOW



## **WE WOULD LOVE FOR YOU TO JOIN US! BY THE END OF THE WORKSHOP, WE HOPE THAT YOU WILL BE ABLE TO:**

1. Complete wellness activities that align with your personalities, life circumstances, and priorities.
2. Describe and explain various elements of SAMHSA's dimensions of wellness in relation to yourself.
3. Identify outlets to minimize stress and increase satisfaction in your everyday life.

### About Dr. Jasmine Garland McKinney:

Dr. Jasmine L. Garland McKinney (she/her) earned a Bachelor of Arts (BA) in Sociology from North Carolina State University and a Master of Science (MS) in Counselor Education from East Carolina University – where she also earned a graduate certificate in Substance Abuse Counseling. Dr. Garland McKinney earned her Doctor of Philosophy (PhD) in Counseling and Counselor Education from the University of North Carolina at Greensboro (UNCG). Dr. Garland McKinney is a Licensed Clinical Mental Health Counselor Associate (NC), Professional School Counselor (NC), and Nationally Certified Counselor. Dr. Garland McKinney's clinical and scholarly efforts center on Black women's experiences with maternal mental health, intergenerational trauma, and the relationship between Black mothers and daughters. Dr. Garland McKinney is a Postdoctoral Associate in the Community, Equity, Data, and Information Lab within the College of Information Studies at the University of Maryland (College Park), where she continues to expand research on Black women's maternal health experiences. Dr. Garland McKinney is a proud wife and mother of two girls, Blake and Cooper.