

# SLAM THE SILENCE:

**SPEAKING TRUTH ABOUT MENTAL HEALTH  
WITH OUR FAMILIES AND THE CHURCH**

FEATURING PASTOR YANI DAVIS

**SATURDAY, NOVEMBER 7**

**Online 9:30 am – 3:00 pm**

SLAM POETRY. STORYTELLING. SOLUTIONS



Register now at [BelovedSanDiego.org](http://BelovedSanDiego.org)



For too long, mental health and mental illness have been misunderstood, denied, ignored, shamed and hidden. It's time to **SLAM the Silence!**

Speak your truth, discover wholeness and find support at SLAM the Silence, the 2nd annual mental health summit, presented by [BELOVED San Diego](#) and [University Christian Church](#).

Preacher, poet and pastor YaNi Davis will keynote the summit. The day will include workshops, small groups, open dialogue and personal testimony of experiences with mental illness in our churches, our families and our communities. Representatives from community organizations will also share in the conversation by bringing their experience and resources for support. If you've been touched by mental health or mental illness in any way, this day is for you.

## FEATURED WORKSHOPS

- **Expressing Your Truth**
  - Presenter: YaNi Davis
  - In this workshop participants will explore various means for artistic expression of personal or community truth related to the struggle and celebration of heightened emotional sensitivity. Church and organizational leaders will learn strategies for fostering truth-telling within their communities.
- **Creating a Compassionate Space for Speaking Truth**
  - Presenters: Dale and Shelly Suggs
  - A small group experience in open sharing of deep struggle, hidden pain and other difficult emotions will allow participants to practice speaking truth. Whether you need to be heard or long for deeper understanding, this workshop will expand our capacity for creating a space where all is held.

## CONTINUING EDUCATION UNITS AVAILABLE

This event is approved by the PSWR for .5 CEUs.



### About the Keynote Artist

Pastor YaNi Davis is a graduate of Claremont School of Theology with her Masters of Divinity. She is also a graduate of Spelman College, a top HBCU (historically black college or university) in Atlanta, GA, with an English degree. She has always been passionate about the impact of words, storytelling and truth-telling and the power they possess. YaNi believes firmly in our power as storytellers and sets this example everyday of her life, whether through the music she creates, the spoken word pieces she shares, the sermons she preaches or the wisdom she imparts into others, YaNi continues to exemplify authenticity and integrity.