



**Celebrating the Black Family Virtual Weekend  
Building Bridges & Strengthening Family Roots  
March 26-28, 2021**

**GAME NIGHT**

**March 26**

5pm Cook-a-Long  
7:30 Game Night

**FAMILY CONFERENCE**

**March 27**

9a Yoga  
9:40a Welcome/Performance  
10a Workshop #1: Conflict Resolution & Effective Communication  
10:45a Workshop #2: Online Safety & Human Trafficking Awareness  
11:20a Panel Discussion: The Mental Health Impact of Social &  
Political Unrest & Safely Navigating Changing Times  
12p Break/Shopping/Raffle  
12:30P Meditation/Breathing Session  
12:35p Workshop #3: Building Bridges Teambuilding Activity  
1:15p Workshop #4: Taking Care of Each Other (Mental Health)  
1:45p Conference Closing  
2:30 Cooking Demo

**TALENT & VARIETY SHOW**

**March 27**

7:30 Welcome  
8p Performances  
9:30p Winners Announced

**MOTIVATIONAL MOMENT & REFLECTION**

**March 28**

10a Welcome/Opening Performance  
10:15a Guest Speaker

10:45a

Wrap Up/Closing