

# Wellness in Me Conference Empowers Women With Tools for Mental Health and Support

*A powerful gathering equipping women with tools to recognize, respond to, and support mental health needs through connection and community.*

FORT WASHINGTON, MD, UNITED STATES, June 8, 2026 /EINPresswire.com/ -- [HER Cause, Inc.](#) is

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Too many women care deeply but aren't equipped to respond in critical moments—this is about building confidence and connection.”

*Iyona Blake*

proud to present the 3rd Annual [Wellness in Me Conference](#): See. Support. Connect., taking place on Saturday, June 27, 2026, at Harmony Hall Arts Center in Fort Washington, Maryland. This one-day experience is designed to equip women—especially Black women and women of color—with the tools, knowledge, and confidence needed to support mental and emotional wellness within their communities.

At a time when many women are silently navigating stress,

overwhelm, and mental health challenges, this conference creates space for honest conversation, education, and connection. The Wellness in Me Conference is more than an event—it is a call to action to strengthen how women care for themselves and one another.

This year marks the official launch of the [See. Support. Connect. \(SSC\) Model](#), a culturally grounded, sisterhood-centered approach that equips everyday women—not just professionals—with practical tools to recognize mental health needs, respond with compassion, and build meaningful support systems.

The conference experience will guide participants through three core pillars:

**SEE** — Awareness & Understanding: recognizing mental health conditions, warning signs, and addressing stigma

**SUPPORT** — Skills & Response: learning how to listen without judgment, offer reassurance, and respond appropriately in moments of distress

**CONNECT** — Community & Sisterhood: building safe spaces, fostering meaningful conversations, and strengthening collective care through shared experiences

Attendees will hear from a dynamic lineup of speakers and mental health professionals who will offer both expertise and practical, real-life applications. Sessions will focus on empowering women with actionable strategies they can use in their families, workplaces, ministries, and

communities.

In addition to educational sessions, the conference will provide opportunities for reflection, grounding, and connection, creating a supportive environment where women feel seen, heard, and valued.

“We created this conference because too many women care deeply for others but have not been equipped with the tools to respond when someone is struggling,” said Lyona Blake, CEO and President of HER Cause, Inc. “This experience is about moving beyond awareness into action—so that women leave knowing how to show up for themselves and each other with clarity and confidence.”

The Wellness in Me Conference is intentionally designed as an intimate experience to foster deeper engagement, meaningful dialogue, and authentic connection among participants.

Registration is now open. Women interested in attending are encouraged to secure their spot and be part of this impactful experience.

For more information and to register, visit:

<https://www.hercause.org/conference>

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