



Saved By The Bell



Based on the critically acclaimed memoir,
"He Wasn't My Daddy"

Informational Packet



Creator: Kristin L. Mitchell, M.Ed.

Series Background

As a fatherless daughter, a woman who used sex to cope with the absence of love, a woman who became clinically diagnosed with major depressive disorder (depression), and a woman who attempted suicide twice - as a result of the unbearable feelings and mental instability that accompany the disease of depression; I have developed a deep compassion for women who have suffered or are currently suffering from the same or similar issues. Out of my earnest desire to help, serve, teach, and restore, the Saved By the Bell - Class Series, was born.

My ability to effectively learn how to cope with the absence of loss, reconcile and mend my broken relationship with my father after twenty-six years, effectively address and control my mental health issues, and learn how to respect my body as a woman of God, has equipped me with an insurmountable amount of knowledge, pertaining to various issues that women face; primarily: fatherless daughters, promiscuity, mental illness (depression), and suicide. While I do not proclaim to be the ultimate authority on any subject, my experiences and ability to overcome such obstacles, render me extremely capable of aiding in the restorative process of women, everywhere; because I have worked, tirelessly, to restore myself, successfully.

Series Overview

The Saved By the Bell Class Series is a series of four classes, that was birthed as a result of the contents inside of the pages of my very own memoir; *He Wasn't My Daddy: My Road to Restoration and Redemption*. This book explores four major themes (topics): fatherless daughters, promiscuity, mental illness (depression), and suicide. Each of the four classes, in this series, is designed based on one of these topics.



The purposes of the classes are to: educate and spread awareness about the four topics; develop a deeper understanding of the core issues, within an individual, that normally give way to one of the four topics manifesting in a person's life; examine how the topic affects the behaviors and mental stability of an individual; provide coping mechanisms for those who may be affected by or have experienced either of the four topics; and provide resources that are available within the Washington Metropolitan Area, for those who may be in need of additional support.

Each course is designed with the intent of being informative and helpful, offering advice, knowledge, and resources. Most importantly, we aim to engage participants in thought provoking and insightful conversations that will aid in better decision- making, improved clarity, and an overall improved mood. As such, a wealth of information on each topic will be presented as well as research based theories and methodologies on how to cope with related issues. Classes are structured in a very interactive way. Members of the classes are expected to be participatory and engaged in the process. Various methods and interactive activities will be used in order to engage participants and educate them on the topic at hand.

Series Logistics

Each course is two hours long and has a maximum capacity of fifteen (15) people. Each class requires a donation of \$30.00 per person. The cost of the class includes one autographed copy of the *He Wasn't My Daddy* book, a resource notebook and all materials and supplies necessary for the course. Tickets, for this series of classes, can be purchased from www.eventbrite.com, under *Saved By the Bell - Class Series*. To inquire and receive additional questions about the *Saved By the Bell - Class Series*, please contact us, via email, at: hewasntmydaddy@gmail.com.

Course Descriptions

1. Wanting Daddy's Love (Fatherless Daughters)

Class Objective(s):

I. Realizing the importance of having a father figure, and the detriment that can be caused when that absence occurs.

- How being fatherless affects your romantic, adult relationships
- How being fatherless affects your self-esteem

II. Exploring how to mend and/or build a satisfying relationship with your father.



III. Examining how to cope with the loss (physical and/or mental) of your father.

2. You're Worth Waiting For (Promiscuity)

Class Objective(s):

- I. Realizing the importance of respecting your body, as a woman.
- II. Examining the negative effects of promiscuity.
- III. Understanding how your self-esteem can affect the decisions we, as women, make, with regard to our sexual choices.
- IV. Learning how to, appropriately, cope with the absence of love; not using sex as a coping mechanism.

3. Your Life Is Worth Living (Suicide)

Class Objective(s):

- I. Examine, in depth, the issue of suicide, in an attempt to better able overcome suicidal tendencies.
- II. Exploring how suicide affects the victim's family, friends, and social circles.
- III. Identifying triggers that can lead to suicidal tendencies, specific to each individual.
- IV. Identifying coping skills, real-time responses and strategies, which are likely to prevent the act of suicide
- V. Examining the positive effects of self-talk, self-actualization and various other strategies (that will be provided) can help with suicidal tendencies and ideations.
- VI. Exploring the root/core causes of suicidal tendencies

4. Break Free From Mental Illness (Depression)

Class Objective(s):

- I. Examining coping skills and resources that help those who suffer from depression.



II. Exploring the effects of depression on familiar and other relationships, careers, and overall quality of life.

III. Examining, in depth, the disease, which is mental illness, in an attempt to better able overcome this disease.

IV. Identifying resources and completing an action plan for individuals currently suffering from depression.

V. Learning how to minimize stressors that are likely to induce depressive symptoms and feelings

Contact Information

To receive additional information on the series or to book a series, please contact us using the information listed below. Please note, this series is open and available to all who inquire.

Telephone: (202) 607-0372

Email: hewasntmydaddy@gmail.com