



MENTAL HEALTH WELLNESS SUMMIT 2026

Rotary District 5890 Peace Committee

Empowering Minds • Positive Wellness • Education

Saturday, May 9, 2026

1:00pm-5:00pm

◆ FEATURED EXPERT SPEAKERS ◆

Welcome:

Evelyn Traylor, District 5890 Mental Health Chair

Brandi Barnett, LPC-S

Evidence-based treatments for PTSD, anxiety, and depression

Karine Parker, Founder & CEO, Be Peace – Be Hope (1:45–2:00 PM): Video Game

A youth-centered mobile game that builds essential mental wellness and life skills—transforming in-game growth into real-world acts of kindness and service

Ed Charlesworth, PhD, Author (3:00–3:45 PM)

Stress Management

Author of *A Comprehensive Guide to Wellness*

Robin Charlesworth, M.A., L.P.A., Psychologist

Therapy for children, adolescents, families, and couples. Also gives assessments.

Neal Sarahan, PhD

Former Executive Director, NAMI

Developmental psychologist creating programs and supportive spaces for individuals who are neurodivergent
Author of *No Longer Lost, Stuck, or Frozen*

Attendance Options:

In-person or via Zoom. The event will be recorded and shared with each Club President.

Zoom Link:

<https://us02web.zoom.us/j/2813704200?omn=85636454360>

Location:

Memorial Church of Christ
900 Echo Lane
Houston, TX 77024

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