



Kimme Carlos

**Speaker, Author, Advocate on
Mental Health and Social Justice**

Kimme is the CEO and Founder of Kimme Carlos Motivational Consulting; Co-Founder and Lead Facilitator of Sister Wellness Retreats: *Healing Spaces for Black Women* and Founder and former Executive Director of the Urban Mental Health Alliance: *Advocating for Healthy Minds in Urban Communities*. Kimme is also a certified health and wellness coach with the Institute for Integrative Nutrition; a certified instructor for Mental Health First Aid and author of the published book *The Window of Grace: Living in Recovery through Christian Faith*.

Kimme has been a member of several nonprofit boards including Foundation Academies, Children's Futures, and The Center for Family, Community, and Social Justice; and the National Alliance on Mental Illness of Mercer County, where she is also a certified facilitator for the nationally known program, Family to Family. Kimme is a member of the vestry and Chair of the Mental Harmony ministry at Trinity Episcopal Cathedral Trenton and an Anti-Racism trainer with the Episcopal Diocese of New Jersey Anti-Racism Commission. She is a graduate of Regent University with a Bachelor of Arts in Religious Studies and a minor in Psychology. As an advocate with lived experience, Kimme keynotes and facilitates on mental and emotional wellness dismantling racism and the power of selfcare. She has received numerous awards for her nonprofit and volunteer work, including the YWCA Princeton 2020 Tribute to Women Award. Kimme is the proud daughter of Dr. John W. Carlos, 1968 Olympian and civil rights activist. Kimme has two children, six grandchildren and lives in Pennsylvania.

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