

# **UZIMA.**

# **LIFE.**

# **HEALTH.**

# **WELL-BEING.**

**Join us for a conversation about why mental health matters.**

**WITH**

**Dr. Milton Armston, Jr., Psy.D**

**WHEN**

**Sunday, March 31, 2019**

**1:30 pm —2:30 pm**

**Refreshments following morning worship service in Wright Hall**

**WHERE**

**Trinity United Church of Christ, Gary**

**In the Sanctuary**

**Uzima Mental Health Ministry**  
**Trinity United Church of Christ, Gary**  
**The Rev. Dr. John E. Jackson, Sr., Pastor**

## Dr. Milton Armston, Jr.



Dr. Milton Armston, Jr. grew up in North Carolina and attended North Carolina A&T State University.

Dr. Armston received his Doctorate in Clinical Psychology from the Illinois School of Professional Psychology at Argosy University. He completed a Post-Doctoral Master's Degree in the Prescribing Medical Psychology Program from the California School of Professional Psychology at Alliant International University.

He is a passionate scholar-practitioner in the field of Clinical Health Psychology who divides his time among clinical practice, training and management. Dr. Armston has served as Adjunct Faculty at The Chicago School of Professional Psychology and Roosevelt University.

He regularly facilitates workshops and seminars on the topics of health and wellness. Dr. Armston has made periodic appearances as a guest host for AIDS Call In Live and CAN-TV Channel 21 in Chicago, Illinois to educate the public about HIV/AIDS. Dr. Armston was a special guest on WLTH 1370 AM Radio, along with Community HealthNet Health Centers' CEO Dr. Janet Seabrook, discussing the topic Mental Health Issues Impacting The African-American Community.

Dr. Armston's previous leadership role was Chief Clinical Officer for Edgewater Behavioral Health Services in Gary, Indiana. Currently, he serves as the Department Head over Behavioral Health Services at Community HealthNet Health Centers in Gary, Indiana.

Dr. Armston has been married 21 years to Tamara Alexander Armston.