

“Mama Said, Daddy Did” Media Pitch

Pitch #1: National Tell a Story Day, April 27, 2024

On [National Tell a Story Day](#), April 27, 2024, two Delray Beach women will celebrate the launch of their upcoming podcast miniseries “Mama Said, Daddy Did,” which explores the stories and wisdom passed down through generations and how we can apply that wisdom into our daily practices for a healthier, more balanced life. In an interview, series hosts, Kenya Madison, senior project director of Healthier Delray Beach, and Julia Sanna, licensed therapist, will dive into the sayings and phrases that have stood the test of time, having shared meaning across communities for generations. They will share how generations can better connect through story and experiences, something that is extraordinarily important to combat the epidemic of loneliness and isolation, [deemed a public health crisis by Surgeon General Dr. Vivek Murthy](#).

Both Kenya and Julia have a deep understanding of mental health and the role it places on individuals, families, and communities. They will provide a preview of their podcast that launches on May 8, 2024, by talking about family dynamics and both the limits on, and power of, youth voice in multi-generational and multi-cultural family dialogue.

Pitch #2: May Mental Health Month

Two Delray Beach women are driving intergenerational conversations and connections through their new podcast series, “Mama Said, Daddy Did,” launching on May 8, 2024, in honor of [Mental Health Month](#). In an interview, series hosts, Kenya Madison, senior project director of Healthier Delray Beach, and Julia Sanna, licensed therapist, will share how they are exploring the stories and wisdom passed down through generations and how we can apply that wisdom to our daily practices for a healthier, more balanced life. They will share how generations can better connect through story and experiences, something that is extraordinarily important to combat the epidemic of loneliness and isolation, [deemed a public health crisis by Surgeon General Dr. Vivek Murthy](#).

Both Kenya and Julia have a deep understanding of mental health and the role it places on individuals, families, and communities. They will provide insights from their podcast by talking about family dynamics and both the limits on, and power of, youth voice in multi-generational and multi-cultural family dialogue.

[About Kenya C. Madison](#)

Kenya Madison, Senior Director of Healthier Delray Beach, a Palm Health Foundation initiative, has spent much of her life and career dedicated to service. A life-long, multi-generational resident of Delray Beach, FL. Growing up in “The Set” neighborhood, the city’s historic Black community, Kenya has focused on erasing the stigma of mental illness. Providing support to children, youth, and families, Kenya is a pioneer, creating new channels for people to get the help they need in community-based settings—our schools and the faith community.

[About Julia Sanna](#)

Julia Sanna is a dual-licensed marriage & family therapist and a mental health counselor who provides therapy to individuals, couples, teens, and families. She specializes in stress, anxiety, depression, premarital counseling, couples therapy & enrichment. She is the owner & President of Relationships & Early Family Years, LLC. She is a registered marriage preparation provider for Palm Beach County teaching premarital counseling classes. She is a consulting therapist to organizations serving African Americans and Minority communities to increase access to mental health care. She is a workshop presenter on relationship enrichment and workplace relationship dynamics for small groups, nonprofits, churches, and corporations. She has a master's degree in Counseling Psychology and has been providing therapy and consulting services since 2007.