



Dr. Dawn Sheree Paramore

Empowering Minds, Transforming Lives

Dr. Dawn Sheree Paramore is a dynamic leader, licensed professional counselor, award-winning author, and accomplished public speaker dedicated to destigmatizing mental health and empowering individuals to thrive. With over a decade of experience, Dr. Dawn specializes in trauma recovery, maternal mental health, and resilience building. Her innovative approach blends professional expertise with her journey, creating a foundation of authenticity and empowerment.

Dr. Dawn Sheree holds a Doctorate in Prevention Science and advanced certifications, including Trauma-Focused Cognitive Behavioral Therapy. She is a trusted expert in addressing the complexities of Adverse Childhood Experiences (ACEs) and Social Determinants of Health. As the CEO of Tranquil Solutions for a Centered Mind, LLC, she has collaborated with OB/GYN offices to provide compassionate care to women and families, particularly in addressing postpartum depression and PTSD.

Passionate about the next generation, Dr. Dawn Sheree is the visionary behind Camp Bliss Kids, a non-profit mental health overnight camp that provides children with essential tools to navigate life's challenges. She has also been a keynote speaker at national conferences, sharing insights on mental health, self-care, and overcoming adversity. Her signature program, "From Pain to Purpose," inspires individuals to rediscover their inner strength and authenticity.

Dr. Dawn Sheree's leadership extends to her active involvement in Alpha Kappa Alpha Sorority, Incorporated. She proudly hails from the Delta Epsilon Chapter at Norfolk State University and currently serves the Sigma Zeta Omega Chapter. Through this esteemed organization, she is committed to public service and initiatives that foster equity and resilience in underserved communities.

Dr. Dawn Sheree is an award-winning, bestselling author featured in anthologies like *I AM Enough* and *Destiny Exposé*. With profound empathy, she explores themes of forgiveness, resilience, and overcoming impostor syndrome. Her contributions extend to platforms like Speaker's Magazine, Courageous Woman Magazine, and Making Headline News, where she is recognized for her expertise and authenticity. She also contributes to DETV, highlighting her ability to connect with diverse audiences and foster transformative conversations. She has appeared on Baltimore's Fox45.

Dr. Dawn Sheree brings a personal touch to her work, embodying resilience and strength. When not advocating for mental health, she nurtures the legacy of Duke Ellington of Delaware and Miles Davis, her certified therapy dogs, and creates content to support single moms juggling school and motherhood.

Facebook, Instagram, and YouTube: @DrDawnSheree

www.DrDawnSheree.com