

# Resiliency; Self Care & Advocacy & in *Troubled Times*

**A Free Half-day Workshop in West Hollywood**

**March 18, 2017**

10 am – 4 pm

***Space is Limited!***

Produced by 

## KEY NOTE SPEAKERS



**Mark Edgar Stephens**  
Professional  
Development Coach



**Garry Bowie**  
Being Alive  
Executive Director



**John Sovec**  
MA, LMFT



**C. Nathan Bergeron**  
LMFT, L.Ac.



**Dr. Neva Chauppette**  
Psy.D

Supported in part by:



The LGBTQ & Allies community has a long history of standing up in the face of societal & cultural opposition to fight for our right to safety, openness, healthcare & freedom. Whether it was the Stonewall riots, the response to the AIDS crisis, or the fight for marriage equality, we have come together to as a community to support each other & manifest change.

In today's turbulent & uncertain environment, we once again have an opportunity to ignite our powerful community in the name of mutual support & activism.

**Join us March 18 to connect, empower & grow with our workshops:**

**Bounce Back** – Learn to battle the downward spiral of negative messages & create a more powerful outlook on your daily life

**Activism 101** – The nuts & bolts of how you can be an activist in your community

**Staying In Your Resiliency Zone** – Powerful tools to manage stress

**Seeing Through the Alternative Reality** – How to defend & sustain yourself against messages of distorted reality & thrive in times of civil unrest

Snacks, Beverages, and Lunch Provided

**Advanced Registration Required for Attendance**

To register call **888-208-8081**  
or online **LifeGroupLA.org/workshop**