

S.E.L.F. SERIES

(Skills, Empowerment, Leverage, Fruit)

By: James L. Burnett Jr.

Starting January 9th – Feb. 13th 2017

6 Monday's 11:00 am – 12:00pm

Location: Catholic Charities HOPE Community Support Program
157 Roosevelt Rd. Suite #300
St. Cloud, MN 56301

S.E.L.F. Through Stories

A primary method of helping individual struggling with Mental Health issues is the S.E.L.F. through stories outreach. When telling myths and stories, we try to tap into symbolic thinking so that the audience connects with their imagination enough to have aha moments. In the "aha" moment, audience members find the ability to think symbolically and find themselves in the story. Story metaphors, symbols and images awaken the idea that they are part of a bigger story and if they live their story out, they will be connected to the culture in which they live in a personal way.

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| • 1/9/2017 11:00 am | Workshop One: S.E.L.F. Renewal |
| • 1/16/2017 11:00 am | Workshop Two: S.E.L.F. Advocacy |
| • 1/23/2017 11:00 am | Workshop Three: S.E.L.F. Innovation |
| • 1/30/2017 11:00 am | Workshop Four: S.E.L.F. Transformation |
| • 2/6/2017 11:00 am | Workshop Five: S.E.L.F. Worth and Diversity |
| • 2/13/2017 11:00 am | Workshop Six: S.E.L.F. Sufficiency |

****Each Workshop will have a capacity of 25 people. Please register for each workshop!****

Register with Dee Dee Wiener @ dwiener@ccstcloud.org.

Or

Phone: 320-240-3355. Workshop size is limited.

A Certificate of Attendance will be provided for CEUs