



# Strengthening Families from Within

## *A Free Family Wellness Seminar*

Hosted by The Church of Jesus Christ of Latter-day Saints  
1957 Capeway Rd, Powhatan, VA

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**Saturday, March 11**

**10am-12pm**

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*Come learn the simple changes and habits that can greatly benefit you, your family, and others around you!*



ALL INDIVIDUALS AGES 12+ ARE INVITED,  
BUT SPACE IS LIMITED!  
USE THE LINK BELOW OR THE QR CODE TO SIGN UP.  
<https://forms.gle/xyE7n4XiXr4ELmFR7>

**Keynote Speaker:** Robert Mackay, psychologist employed with Richmond Family Services  
*Learn to cope and to manage your emotions with emotional agility.*

### **Breakout Classes** (Sign up to attend TWO!):

- Identify sources of strength: Helping your kids (and you!) feel better supported
- Marriage: by small and simple means
- Supporting loved ones who are grieving
- Supporting aging parents
- Spirituality and family life
- Getting out of the box: How and why communication can go horribly wrong



\*\*\*A BBQ lunch will be provided for all participants at the end of the event.\*\*\*

