



## **BUILDING A HEALTHY FUTURE FOR YOURSELF & COMMUNITY** **March 29, 2025 9:00 AM – 4:00 PM**

Join us for a day of learning, conversations and reflections presented by **Amy Thompson**, Consultant and Licensed Clinical Social Worker.

Exploring how experiences have impacted us physically, emotionally and psychologically and discover healthier skills to move us forward.

### **Open to both Laity and Clergy.**

(Participation qualifies for Advanced Lay Servant credits and Clergy CEUs.)

#### **Book Used:**

*“Try Softer: A Fresh Approach to Move Us out of Anxiety, Stress & Survival Mode Into a Life of Connection and Joy” by Aundi Kobler (can be found at Amazon.com)*

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#### **Locations:**

**Albuquerque, NM** - St. John's UMC | 2626 Arizona Street NE, Albuquerque, NM 87110

**Austin, TX** – Northwest Hills UMC | 7050 Village Center Drive Austin, TX 78731

**El Paso, TX** - St Paul's UMC | 7000 Edgemere Blvd El Paso, TX 79925

**McAllen, TX** - McAllen First UMC | 4200 N McColl Road McAllen, TX 78504

**San Angelo, TX** - Sierra Vista UMC | 4522 College Hills Blvd. San Angelo, TX 76904

**San Antonio, TX** - Alamo Heights UMC | 825 E Basse Road San Antonio, TX 78206

**Victoria, TX** - First United Methodist Church | 407 N Bridge Street Victoria, TX 77901

Each location will have a facilitator to guide conversations and discussions.

Expected results for you to be able to share what you have learned with your community.

**Cost: \$25/person (lunch included)**

**Scan here for more information.**

**Sign up for a location near you.**

