

WPSSE Community Building Project:

Emotional CPR: An Introductory Workshop

Part 1 of 2

facilitated by Lynn McLaughlin & Karen Iverson Riggers



Session 1: Emotional CPR
JULY 11th
11am-1pm

**Session 2: The Missing
Pieces-Emotions & Wellness**
July 25th
11:00am-1:00pm



In this workshop, participants will learn how emotional expression and emotional wellness are the key components missing in suicide prevention, mental health and wellness programs. They will deepen their understanding on why all emotions are important to our human experience, and the many ways that we avoid being with our emotions. Participants will be introduced to "The Change Triangle"—a tool that helps move past our defenses and connect with the emotional body inside each of us.

FOR MORE INFORMATION CLICK HERE:

https://www.wicps.org/?page_id=2486&preview=true

