

PARTNERS IN PREVENTION PRESENTS

HOPE

TALKS

A Community Conference

THEME: "MAKING A MORE MINDFUL COMMUNITY"

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Featuring Keynote Speakers as seen in Oprah Magazine, CNN, PBS, & CBS

Ali Smith, Atman Smith, & Andres Gonzalez

of the **Holistic Life Foundation** in Baltimore Maryland

Other Speakers: Toni Dussex, Vickie Echols, Kathy Newsom, Shalonda Adams, Winstead Psychology Services

OCTOBER 23, 2018

8:00 AM - 3:30 PM | MAUDE COBB CONVENTION CENTER | LONGVIEW, TX

GET YOUR TICKETS ON EVENTZILLA! LUNCH IS INCLUDED.

CALL (903)237-1019 OR EMAIL JSTOKER@LONGVIEWTEXAS.GOV FOR MORE INFORMATION

H O P E T A L K S

S C H E D U L E :

8:00 AM -8:30 AM	Registration	
8:30 AM – 10:00 AM	Keynote	Holistic Life Foundation
10:15 AM – 11:15 AM	Yoga for Stress Management	Toni Dussex
	Trauma, Compassion Fatigue, and Self-Care	Winsted Psychological Services
	LEARNING IS MINDFUL, EMOTIONAL & SOCIAL: Shifting to an approach that fosters hope & sustainable growth.	Vickie Echols, M. Ed. & Kathy Newsom, M. Ed.
11:30 AM- 12:30 PM	Yoga for Stress Management	Toni Dussex
	The Resilience in R ³ : Relational, Restorative, Resourceful.	Shalonda Adams, M. Ed.
	LEARNING IS MINDFUL, EMOTIONAL & SOCIAL: Shifting to an approach that fosters hope & sustainable growth.	Vickie Echols, M. Ed. & Kathy Newsom, M. Ed.
12:30 PM- 1:30 PM	Lunch	
1:45 PM – 2:45 PM	Trauma, Compassion Fatigue, and Self-care	Winsted Psychological Services
	Healthy Lifestyle Habits	Christus® Good Shepherd Health System
	The Resilience in R ³ : Relational. Restorative. Resourceful.	Shalonda Adams, M. Ed.
3:15-3:30	Refreshments, Door Prizes & Closing Remarks	Partners in Prevention

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