

**REGISTER  
EARLY !!**

**SOJOURNERS**  
FAMILY RESOURCE CENTER

*presents*

## **What Women In Therapy Have Taught Me: Lessons to Enrich Your Life**

**Dr. Michael J. Avila, LMFT, CSW**  
**Founder & Executive Director, Sojourners Family Resource Center**  
**Hasbrouck Heights, NJ**

**Saturday, May 2, 2009 • 9:00 AM to 12:30 PM**  
*Continental Breakfast will be available at 8:15 AM*

**Moses Center for Continuing Education at Bergen Community College**  
400 Paramus Rd, Paramus, NJ 07652

In this unique workshop, Dr. Avila will share insights from over 20 years of working with women in therapy. He will discuss ways to cope with the pressures and resolve the problems women face in life. During the presentation and discussion, you will learn:

- How to make choices that empower rather than exhaust you
- How to break out of unhelpful relationship patterns
- How to take practical steps to reduce stress and anxiety

These lessons can lead to immediate as well as long-term improvement and satisfaction with your life and the people in it.

"The Greater Paramus Chamber of Commerce is pleased to participate, support, and endorse this workshop series for women. We encourage the attendance of our many chamber women, their daughters, business associates, friends and neighbors. Your business and personal lives will be enriched from this experience."

*– Fred Rohdieck, President, Greater Paramus Chamber of Commerce*

"Dr. Michael Avila brings a fresh voice to the issues women face; with humor and humility he challenges us to move into our lives with courage, power and wisdom."

*– Dianna L. Smith, Esq.*



*Dr. Michael Avila has been working with women in therapy for over two decades, helping them to define and create the kinds of lives and relationships they desire. He also counsels men, adolescents, couples and families. Additionally, he offers workshops and seminars on Wellness for Women, Relationship Skill Building for Men, Foundations in Parenting, and Growing Up with Teenagers, to name a few.*

**Cost of workshop:** \$35 in advance, \$45 at the door.  
*Please note that **THIS WORKSHOP IS FOR WOMEN ONLY.***

**We strongly encourage advance registration**, as space is limited, and we cannot guarantee your place if you do not register in advance. Deadline for advance registration is April 24, 2009.

To register, please contact Sojourners Family Resource Center at 201-393-0370 or visit us on the web at [www.sojourners-family-resources.com](http://www.sojourners-family-resources.com).

*This event is supported by the Greater Paramus Chamber of Commerce.*