**A COMMUNITY FORUM & PARTICIPATORY WORKSHOP** 

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What can YOU do?

## **FEATURED PRESENTERS**

Mike Huggins Transformation Yoga Project Facilitator

Michele P. Bratina, PhD Assistant Professor of Criminal Justice, West Chester University







Michael E. Antonio, PhD, Associate Professor of Criminal Justice, West Chester University

PLACE: Willistown Friends Meeting 7069 Goshen Rd, Newtown Square, PA 19073



COST?

Saturday, September 29, 2018 10:30 AM Doors Open; Light refreshments served Workshop starts at 11:00 AM and ends 1:15 PM FREE

Pre-registration: willistownfriendsmeeting@gmail.com

Mike Huggins will address issues related to the concept of *transformation yoga*.

**Dr. Michele P. Bratina** will address challenges pertaining to the management and care of justice-involved people with mental illness.

**Dr. Michael E. Antonio** will address issues about mental health among inmates in a correctional setting.

## **Q & A Time will follow each speaker.**

The second hour of the event will include interactive one-on-one exercises related to mental health and well-being, as we welcome demonstrations by varied community partners. You are invited to stay and to participate in

Hearing Voices that are Distressing: A simulation of auditory hallucinations



**Trauma-Informed Yoga**