

First Parish Church of Stow & Acton is honored to present a powerful presentation in support of youth and their parents. This event is open to all youth, their parents, educators and others concerned about our youth from FPC and surrounding towns



BUILDING EMOTIONAL RESILIENCY IN OUR YOUTH

*For Middle and High School Students, Parents,
Educators and Community Groups*

Thursday January 26, 2017
FIRST PARISH CHURCH OF STOW & ACTON
353 Great Road, Stow MA
7-8:30pm

Education combined with awareness, creates change. Founder & President of Ben Speaks, Judy Giovangelo brings a message of hope, positive psychology, tools to reduce stress and grow emotional resiliency in homes, schools and the community. She is a voice for change to create a kinder world through empowering others.

In essence, Judy addresses the challenges that adolescences face in our society today and shares insight how to embrace expressive and healing arts as an alternative to traditional therapy and prescription drugs. Judy will share her personal story of losing her son to suicide and her journey supporting him with a mental illness. Through her tragedy, she founded her nonprofit organization, Ben Speaks. The organization supports families with struggling teens through empowering workshops, retreats and lectures. Judy will present her renowned Power of Choice presentation. She will discuss the Power of thought, gratitude, affirmations and forgiveness, along with many issues that families encounter. Providing tools to build self-esteem and become emotionally resilient will enables the audience to take a new approach to supporting each other and the community with intentions and actions.

Standing ovations from schools and community groups are a clear indicator that our message is reaching the hearts & minds of youth and families. Judy was honored in 2013 with the Be the Change award at the 9th Annual Massachusetts Women's Conference and A Hero Among Us award from the Boston Celtics for her work.



Judy Giovangelo is a teacher and award winning presenter. She is certified yoga & meditation instructor, Reiki Master, sound and intuitive healer, hypnotherapist and spiritual counsellor. She is the owner of the GROW YOU Healing & Art Center and President & founder of nonprofit, Ben Speaks. Her personal mission is help sensitive intuitive people permanently remove the blocks that stand in the way of their dreams by providing an inside out approach to wellness.

This program is free but donations will gratefully be accepted.



Ben Speaks provides access to
expressive & healing arts resources
for youth, families and communities.
60 Woodland Street Holliston, MA 01746
857-719-5574--BenSpeaks.org
A 501(c) 3 Public Charity

For information about the January 26th
program please contact: Michelle Cote
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