



Freedom to Be: An Embracing Life Experience for LGBTQ Youth November 6 – 8, 2015

A weekend of personal development, empowerment, and compassion is right around the corner. The non-profit organization, **The Peaceful Project**, is presenting **Freedom to Be: An Embracing Life Experience for LGBTQ Youth** at SunServe in Fort Lauderdale November 6 – 8. Through a grant from the Broward Sheriff's Office Law Enforcement Trust Fund, the course is free for Broward LGBTQ youth and their family members.

Freedom to Be provides insights, awareness, and skills for bringing more love, respect, and understanding to relationships. The course is an avenue for becoming more comfortable with yourself and others. **Freedom to Be** is about your deepest intentions to love and be loved. By becoming highly aware of what underlies your actions, you experience a new level of freedom, awareness, and power to create the relationships you desire and to become more peaceful and accepting with yourself. It is a discovery of your own values and a releasing of self-imposed limitations on your life. The tools gained in this course – including tools to break the cycle of blame, to increase empathy, and to understand one's authentic power – enhance every relationship.

The young people participating may invite family members to attend with them. Parents, grandparents, siblings over the age of 12, and other key family members can share the experience. The maximum number of participants in the course is 35.

This experiential course begins on Friday evening and runs through the early evening/ late afternoon on Sunday. Everyone receives a course workbook along with Pamela Dunn's book [It's Time to Look Inside: To See Yourself and Everyone through the Lens of Magnificence](#), an education plan to continue the practice after leaving the course, and a private coaching session two weeks after the course completes. Another beautiful outcome of **Freedom to Be** is the supportive and encouraging community of course graduates.

The course is taught by two rigorously trained facilitators from Your Infinite Life Training and Coaching Company, and former participants serve as assistants. The participants in the November course may return as assistants in the second Freedom to Be for LGBTQ Youth in March of 2016. Assistants continue their learning while being in service to those participating, further building the supportive community.

For more information and to register for the course, please contact Maggie Macaulay, Executive Director of The Peaceful Project, at 954-483-8021 or Mandi Hawke, SunServe's Director of Youth Services, at 954-764-5150, extension 202. A \$50 deposit reserves your space in the course and is refunded following course completion.

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501(c)(3) organization