

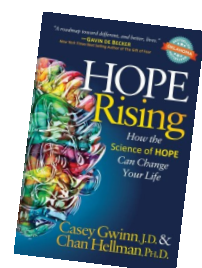
The SCIENCE & POWER of HOPE

Learn how you can build hope
for yourself and others!

Featuring
Dr. Chan Hellman



Chan Hellman, Ph.D., is a professor, quantitative psychologist, and the Director of The Hope Research Center at the University of Oklahoma. He has studied hope and resilience for more than 15 years.



DATE: March 19, 2020

TIME: 9:00 AM—12:00 PM (check in at 8:30 AM)

LOCATION: Ferndale Events Center
(5715 Barrett Rd., Ferndale, WA)

HOPE SCIENCE

Hope is real, hope is measurable, and hope is malleable. **In Whatcom County**, youth who demonstrate higher hope:

- ✓ Do better in school
- ✓ Report less substance use
- ✓ Experience less anxiety and depression

Learn how motivation and pathways are keys to achieving goals and experiencing a better life.

TO REGISTER

Space it limited! The training will fill up fast, so register for this **FREE** event at:

<https://forms.gle/22X826NvoFYm28qg9>

Continuing Education Units and Clock Hours are available (pending approval). For questions, please contact Samantha Murdoch at the Whatcom County Health Department at SMurdoch@co.whatcom.wa.us or 360-778-6064.



Training made possible by:

