



ALPHA OMEGA
CLINIC

Presents:

LIVING FULLY ALIVE

Featured Talks for Mental Health Awareness Month



**From Wounds
to Strength:
Growing Toward
Your Best Self**

Speaker
José Gbaba, Resident in Counseling

Friday, May 15th at 6:30pm

St. Lawrence Catholic Church
Hammond Hall
6222 Franconia Road
Alexandria, VA, 22310



**Emotional
Intelligence:
Practical Skills for
Self-Awareness
and Relationships**

Speaker
Virginia Madden, LPC

Wednesday, May 27th at 7pm

St. Ambrose Catholic Church
Parish Hall
3901 Woodburn Road
Annandale, VA 22003

LIGHT REFRESHMENTS WILL BE PROVIDED. FOR QUESTIONS OR ADDITIONAL INFORMATION, PLEASE EMAIL admin@aoclinic.org.

www.aoclinic.org

In partnership with:



Register for a chance to win a \$25 gift card to The Paschal Lamb Catholic Books & Gifts. There is no cost to attend. Registration is requested to ensure adequate seating.

