

A Unity Approach to..

Raising Healthy Youth :

Emotional, spiritual and sexual well-being

Free workshop!



Saturday, February 4 | 10:00 AM—4:00 PM

Facilitated by Dr. Michael Obsatz

For Parents, Spiritual Leaders, Concerned Adults, and Educators

Sponsored by: [Unity of the Valley](#), [Unity South](#), [Unity North](#) and [Unity Christ Church](#)

Sandwich Bar available for lunch — \$7 per person

Through video, lecture, and discussion, we will explore ways to empower and spiritually connect with youth. Issues examined: viewing oneself as a child of God, being one's authentic self, navigating life's complexities, developing empathy, compassion, and communication skills, coping with media addiction, chemical addictions, shame issues and bullying, living sacred sexuality, moving beyond gender role stereotypes, and applying Unity principles to life choices.

Location: [Unity Christ Church, 4000 Golden Valley Road, Golden Valley 55422](#)
[763-521-4793](tel:763-521-4793) | www.unitychristchurch.org

Dr. Michael Obsatz is a Professor Emeritus from Macalester College where he taught education and sociology classes for 40 years. He is an award-winning author of "Raising Nonviolent Children in a Violent World," workshop leader, Unity Men's Group co-facilitator, mentor, film producer, father and grandfather. Mike has presented "Shame" workshops all over the US for 30 years.

