



Healthy You = Healthy Relationships

A two part workshop on attachment, relationships, and becoming the best version of yourself

When: Part 1: Wednesday April 19th from 12pm—1:20pm (must attend part 1 to attend part 2)

Part 2: Wednesday April 26th from 12pm—1:20pm

Where: CWFL (UPC) 3535 S Figueroa St, Suite 202 (2nd floor)

RSVP: 213-821-0800

Facilitators: Andrea Bardack, LCSW, CEAP has 20 years of counseling and consultation experience. Andrea has significant counseling experience with issues such as relationship enhancement, personal growth, depression and anxiety, and health/wellness concerns.

Melody Aminpour is a second year graduate student at USC Suzanne Dworak-Peck School of Social Work, with a concentration in Community Organizing and Business Innovations. Her current focus is program development for LGBTQIA+ and female populations.

