



## **The BCC Lab School**

PRESENTS:

**Dr. Wendy Nickerson**

***"Your Family Legacy: The Buck Stops With You!"***

Thursday, March 19, 2009

6:45 p.m. to 8:45 p.m.

BCC Melbourne Campus, Auditorium, Bldg. 4

**This presentation will encourage participants to let go of generational family dynamics and behavior patterns that no longer serve them and thus begin a new legacy for their family. It is for those who no longer want to unknowingly pass on the pain to their children. But rather operate from a place of peace, unconditional love, compassionate communication, trust, security, and forgiveness.**

**The specific topics covered:**

- Changing your self-image
- Creating more positive thoughts
- Expecting more positive outcomes
  - Learning how to feel good!
  - Getting rid of the anger!
  - Rewriting your story
- Ten tips on how to complete the past
  - Forgiving our parents
  - Opening your heart
- Recognizing your children as your teachers

***Community Invited***

For further information and to confirm your attendance, please email [labschools@brevardcc.edu](mailto:labschools@brevardcc.edu) or call 433-7668 **NO later than Monday March 16<sup>th</sup>**. Lecture is designed for an **adult** audience, no babysitting will be provided. Please be considerate of the other members of the audience by making arrangements for your infant or child. There is no cost to attend, but donations to the Scholarships for Families, is appreciated.