

TENDING ADOLESCENCE

A workshop for young people
14-25 and their friends, family and allies

In this day long event we will work with the challenges of family life, social stressors, communication and the epidemic of anxiety and depression from our kids' perspective.

Systemic Constellation Work is an active group process for personal and collective healing and evolution. It loosens the control of our psychological minds, connects us to the wisdom of our body-minds, provides access to the roots of our capacities and limitations, and makes way for a depth and scope of transformation rarely experienced in traditional therapies. Constellation Work is a highly effective and efficient tool for growth and can be used on its own or ask an adjunct to many modalities. It is a body based and experiential process and encourages us to "know" from our depths.



Lexi Delgado has worked in the fields of education and mental health for 25 years. Lexi utilizes tools from many arenas of Sacred Science — Somatic/body-centered practices, Earth based ceremony and Systemic Constellation Work. Lexi dedicates her life to creating and exploring community and to supporting our personal evolution as service to the collective in these incredible times of change.

**Sunday, February 9th
10-6pm
at PrayerFarm, Ashland**

**Exchange: \$85- \$250
per family,
(no one turned away for
lack of resources)**

**For more information and to
reserve your place,
please email
lexi@lexidelgado.com
Telephone 541 631 9456**