



Providing Single-Parent Families the tools to make it on their own

THE STRESSES OF SINGLE PARENTING, GRIEF AND LOSS DON'T TAKE A SUMMER BREAK!

Universal Love Foundation Will Host Three Free Seminars for Adults and Adolescents

Universal Love Foundation (ULF) will host three free seminars during the month of July. The seminars will address various topics of interest to single parents, adolescents, and anyone suffering from grief and loss. They will be held on **Monday July 11; Wednesday July 20; and Wednesday July 27, 2011 from 7:00-8:30 pm**, at the **ULF House of Hope office** located at **28720 Canwood Street, Suite 104 in Agoura Hills, California**.

The first seminar on July 11 will be specifically for adolescents, as well as interested parents, and will focus on ***“Relationships, Trust, and Taboo Subjects.”*** It will be presented by **Nazin Fathi**, a marriage and family therapist who specializes in Experiential Therapy and has extensive experience working with children, adolescents, and young adults. She'll discuss how adolescents can communicate more effectively with both family and peers, among other topics.

The second session on July 20 is titled, ***“A Holistic Approach to Grief”*** and will be presented by Arun Gowri. Mr. Gowri is a local healing practitioner who specializes in Energy Healing, Stress Management, Therapeutic Yoga, and Life Coaching. He will approach the grieving process from a holistic point of view, and has offered to meet with interested seminar attendees by appointment the following day (July 21) for brief individual follow-up sessions. “In my practice I have been dealing with grief in its various aspects, and my approach works with more than the emotional and mental health areas,” he says.

The third seminar on July 27 will be presented by local marriage and family therapist **Shirley Kaufmann, PhD**. Her topic will be ***“The Resilient Personality – Bouncing Back from Hardship.”*** Resilience, the strength required to adapt to change, lies at the heart of mental and emotional health. Dr. Kauffman specializes in couples counseling with both married and unmarried partners. She also works with those recovering from the sometimes devastating effects of divorce.

Those interested may attend any single program or all three sessions. There is no charge for admission, and light refreshments will be served. Seating is limited and reservations are appreciated but not required. Please call 805-231-3618 to hold your space, or for further information.

"We are offering these seminars in addition to the regular, ongoing programs that Universal Love Foundation provides to help single-parent families as well as anyone suffering from grief and loss," explained ULF president, Manzar Amini. "We know that there are many people who are in pain and struggling, and these seminars are designed to provide some initial guidance."

Universal Love Foundation was founded in 2000 to assist single parents and provide them with available resources. It provides such services in order to help people lead more productive lives and better provide for their families. The Foundation also operates the House of Hope Grief and Loss Center located in Agoura Hills, which offers counseling services for adults and children who are grieving from loss caused by death, divorce or separation.