

# Living Out Loud™

*A highly interactive, laughter filled workshop for survivors of sexual assault*

Saturday, July 11, 2009 2:00PM-4:30PM  
Government Center, Fairfax, VA

## Improv Comedy (?!)

In this workshop, the DC Improv's own Shawn Westfall will teach survivors the invaluable life lessons that improv has to offer such as how to:

- Collaborate as a team
- Trust and create trust
- Listen intently
- Deal with the unexpected
- Stay present and be in the moment
- Make compassionate connections with others

You'll get all this while having the most fun you've had in a long time. And you'll remember what it's like to feel completely positive and optimistic about life.

Don't think you're funny? Don't worry, you don't have to be. In fact, as the instruction makes clear, the last thing you should ever try to be when doing improv is "funny." Whatever's funny will naturally arise from the games you will play.

It's free! And space is limited.  
Call now to start Living Out Loud™!

## Is this workshop for you?

This Living Out Loud™ workshop is for you if you are a survivor of sexual assault (male or female), have taken active steps in healing, and are ready to explore new experiences in a supportive environment.

## Want to know more? Ready to sign up?

Please call Jen McLish at the Alexandria Office on Women SARA Program. She'll spend 10-15 minutes with you on the phone to be sure this Living Out Loud™ workshop is right for you.

**703-746-5030**

