



Speaker Series



Aly Cohen, MD
Board certified rheumatologist,
integrative medicine specialist,
environmental health expert and
creator of *TheSmartHuman.com*



February 5, 2020
6:30 pm – 8:00 pm
**Environmental
Chemicals and
Human Health:
What We Can Do to
Reduce Exposures**

Dr. Aly Cohen, author of “Non-Toxic: Living Healthy in a Chemical World,” will discuss evidence-based data on everyday chemicals that we put in, on, and around our bodies and how they contribute to human health conditions, such as obesity, autoimmune disease, infertility, as well as mental health disorders. Dr. Cohen will discuss dietary approaches to reduce toxicity, beneficial supplements, indoor and outdoor air quality, sleep hygiene and stress management including the benefits of therapy and other health and wellness options. Dr. Cohen will provide practical tips and resources to enable and empower the audience to prevent disease, better manage current conditions, and improve overall well-being.

Kelly McElvaine, LPC
Professional counselor and
certified Imago Relationship
therapist



March 4, 2020
6:30 pm – 8:00 pm
**How to Have a
Joy-Filled
Partnership:
Communication
Strategies for
Enhancing Your Relationship**

Kelly McElvaine, LPC, will discuss proven ways to enhance communication in your relationships which can, in turn, create and sustain a joy-filled partnership, re-romanticize your relationship, bring new energy and love into your relationship, create new healthy habits and more. Kelly’s discussion will be based on Imago Relationship Therapy developed by Harville Hendrix, PhD, and his wife Helen LaKelly Hunt, PhD. Kelly will also speak more to the intensive weekend workshop experience she facilitates at TCS which is equivalent to approximately 6 months of therapy and is one of the fastest and most effective ways to improve relationships.

Kim Casarona,
DSW, LCSW, LCADC
TCS Associate Executive Director



April 22, 2020
6:30 pm – 8:00 pm
**Creating Happy
Families:
A Parent’s Guide
to the Science of
Happiness**

Research shows that there are things we can do to bring more happiness into our lives. Dr. Kim Casarona will explore how parents can harness what has been scientifically shown to contribute to our happiness to increase our family’s well-being and teach our children skills, habits and ways of living that can bolster their resilience and improve their happiness for a lifetime.

Dr. Whitney Ross



In our 52nd year serving the community and the beginning of a new decade, we hope you will join us for another exciting speaker series. Best wishes for a wonderful year,
Whitney

Trinity Counseling Service invites you to join us to engage in thoughtful dialogue with distinguished leaders in the healthcare field. This series offers three evenings filled with insight and discussion on a broad range of topics. Each presentation will be held at **TCS, 353 Nassau Street, Princeton** and will conclude with a cocktail reception. **Space is very limited, please register early.**

To RSVP for one or more event please email

vvanselous@trinitycounseling.org

**one week prior.
Seats are limited.**