

We's Annual MLK Day of Service and 40 Days of Peace,  
Manifesting the Dream - Take Action and Be of Service.

# The time is now - Connect All

Connect All is a global initiative based on goodness and logic- to address all that can be for all life to have the most safety and hopeful possibilities.



Join these trainings to learn the framework, which contributes to us as a community, creating the necessary change. The framework, based on the reality of our interconnection and how *every moment matters*, will give you a new tool you can use immediately to address all that can be.

**Monday, January 17, 2022 11:30a-1:00p CST (UTC -6)**

Connect All foundation Training: Will provide the foundation for the Connect All approach, and will take you through the basics of the Five through the Filter Self-Care framework. The framework synthesizes everything from addressing our basic needs, to our major issues from child abuse to the environment, in a simple daily application.

**Registration:** <https://us02web.zoom.us/meeting/register/tZlvcuqspzkrHNbTz8rEjGO1iGleavk8jVjF>

**Monday, January 24, 2022 11:30a-1:00p CST (UTC -6)**

Five through the Filter Workshop: Participants will work through applications of the Five through the Filter Self-Care model. (Pre-requisite - attendees must have completed the Connect All foundation training):

**Registration:** <https://us02web.zoom.us/meeting/register/tZAoce2hqz8rEtZxcD7tfKnivgZzR3H3vHvW>

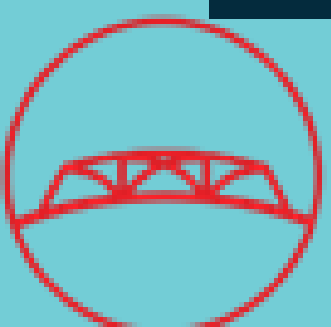
Each training is approved for 1.5hrs CEUs for: LADC, CADC, LPC, LMFT, LBHP, LCSW, CM; and The Oklahoma Coalition Against Domestic Violence and Sexual Assault approved CDSVRP Certified Domestic and Sexual Violence Resource Professional CEUS.

**Both trainings are FREE.** If you would like to and can financially support, Text: connectall to (202) 858-1233. We, the World 501(c)3.

**Gwendolyn Downing, LPC**

Gwen (she/hers) wherever she resides, identifies as part of all. She is the initiator of the Connect All initiative for the most safety and hopeful possibilities. She was the former Manager of Hope and Resilience for the Oklahoma Department of Mental Health and Substance Abuse Services, former member of the National Child Traumatic Stress Network's Steering Committee and Affiliate Advisory Group. She is recently co-author of the Oklahoma Domestic Violence, Sexual Assault, Stalking, and Trafficking hotline manual.

**"...To remind... of the fierce urgency of now. This is no time to engage in the luxury of cooling off or to take the tranquilizing drug of gradualism." Dr. King 1963**



**STONEGATE  
CENTER**

**CONTACT:**  
[www.ConnectAll.online](http://www.ConnectAll.online)

