



# The Power of Connection: Building Joy and Life Satisfaction

## Yolanda Renteria, LPC, NCC

Arizona-based trauma therapist and licensed professional counselor. 2023 ETHS Latinx Student Summit workshop facilitator.

**Wednesday, April 19, 2023, 7:00 PM**  
**Evanston Township High School Auditorium**  
**1600 Dodge Ave., Evanston, IL 60201**

Presented by **Family Action Network (FAN)**, in partnership with

Baker Demonstration School, Beacon Academy, Bernard Zell Anshe Emet Day School, Catherine Cook School, Chicago Jewish Day School, Compass Health Center, Evanston Scholars, Evanston Township High School D202, Family Service Center, Foundation 65, Glencoe D35, Gorton Center, Haven Youth and Family Services, Hyde Park Day School, Illinois Student Assistance Commission, Kenilworth D38, Lake Forest Academy, Lake Forest Country Day School, Lake Michigan Association of Independent Schools, Leo Catholic High School, Mindful Psychology Associates, New Trier High School D203, New Trier Parents' Association, North Shore Country Day, Northwestern University School of Education and Social Policy, Pope John XXIII School, Rebel Human, Regina Dominican High School, Rogers Park Montessori School, Roycemore School, Science & Arts Academy, Stevenson High School D125, The Academy at St. Joan of Arc, The Alliance for Early Childhood, The Avery Coonley School, The Cove School, The Family Institute at Northwestern University, The Frances Xavier Warde School, University of Chicago Crown Family School of Social Work, Policy, and Practice, University of Chicago Laboratory Schools Parents' Association, Winnetka-Northfield Public Library District, and Youth & Opportunity United.

This event is #freeandopentothe public and will be recorded but not live streamed. Suitable for youth 12+

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**FOR IMMEDIATE RELEASE: YOLANDA RENTERIA, LPC, NCC**

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**Wednesday, April 19, 2023, 7:00 PM, The Power of Connection: Building Joy and Life Satisfaction, Evanston Township High School Auditorium, 1600 Dodge Ave., Evanston, IL 60201. Keynote” Yolanda Renteria, LPC, NCC.**

Many adults find themselves constantly looking for the thing that will bring them happiness, often times trying to find it in the thrill of exciting experiences or material items. This seems to work in the moment when they get a hit of adrenaline, but soon after the moment is over, they find themselves in the quest for the next thing that will bring them another rush of adrenaline. This becomes a cycle where people continue to seek external things to help them fix how they feel internally.

What people may not know is that due to lack of emotional nurturance, many adults are emotionally disconnected from themselves, their relationships, and the world around them. This in turn leads them to experience less joy or satisfaction over mundane things to which they are constantly exposed.

In this keynote, trauma therapist and licensed professional counselor **Yolanda Renteria, LPC, NCC** will teach you the signs and impact of emotional disconnection, the impact this has had in your life, and offer steps to learn the process of reconnection. She will also describe the relationship changes that will emerge from emotional connection, and you will learn to find joy in small moments every day in your environment.

Ms. Renteria is trained in EMDR, Somatic Experiencing, Brainspotting, and Dialectical Behavioral Therapy. She is also an adjunct faculty psychology professor at Northern Arizona University, and contributor for The Gottman Institute and Verywell Mind. Her work has been featured in Selena Gomez's Wondermind, *Parents Latina*, and NPR, and she utilizes social media platforms to bring awareness of generational cycles that perpetuate trauma.

This event suitable for youth 12+. The event will be recorded but not live streamed. The video will be available on FAN’s website and YouTube channel.

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