

PUBLIC LIBRARY OF NEW LONDON
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For Immediate Release

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Journeying From Fear to Freedom with Dr. Terrlyn L. Curry Avery

New London, CT Saturday, February 4, 2017, 1:00-2:30PM– Have you ever thought... If I walk out on this relationship, how will I make it alone? I hate my job, but I can't support my family doing what I love. Or maybe even, what if I'm not enough? If this sounds like you, the Public Library of New London invites you to join us on Saturday, February 4 at 1:00 PM in the Library's Community Room with Dr. Terrlyn L. Curry Avery and begin your journey to freedom from fear.

In this workshop, attendees will learn why fear impacts all relationships, including with yourself, how being emotionally savvy frees you, leads to healthier relationships and gives you the confidence to live a life you love and the strategies to help you move from fear to freedom. This is a free event that is open to residents and non-residents alike. Please register by calling the Reference Desk or by visiting plnl.org/events.

For more information, please contact Madhu Gupta at 860-447-1411 x108, mgupta@plnl.org or go to the library's website at www.plnl.org