

HEALING

OVERCOMING TRAUMA, TOXIC STRESS, & DISEASE

THROUGH

WITH SPEAKER DR. THOMAS CABELL

CONNECTION



The Refuge Center
FOR COUNSELING

Through Dr. Cabell's personal story and practice as a cardiologist, he is passionate about the importance of emotional health as it relates to the nervous and immune system function, or dysfunction, which results in disease in our bodies. We will focus on intentional ways for supporting our mind-body connection through relationships, nutrition, movement, play, and meditation in mini sessions following Dr. Cabell's talk.

Please Join Us

Friday, April 26

9:00am–12:00pm

*Doors open
at 8:30am*

Brentwood Baptist Church

FREE EVENT!

*Donations to The Refuge
Center's services and
programs are encouraged.*



Registration is required

refugecenter.org/liveintentionally2019



The Refuge Center
FOR COUNSELING

ABOUT THE “LIVE INTENTIONALLY” SPEAKER SERIES AT THE REFUGE CENTER FOR COUNSELING

To “Live Intentionally” is to live life in congruence with our values and beliefs while striving for meaningful relationships with ourselves and others. Clients come to The Refuge Center to gain insight on how to navigate life when unexpected roadblocks interfere in their journeys. Through this speaker series, The Refuge Center strives to engage and connect with our Middle Tennessee community in a relaxed, authentic and nurturing setting with interesting conversation about what it means to “Live Intentionally.” Proceeds from these events fund our mission to provide affordable, professional counseling services to empower, educate, and support individuals, couples and families in need.

Our 2019 "Live Intentionally" Speaker Series is titled "Healing through Connection: Overcoming Trauma, Toxic Stress and Disease" with speaker Dr. Thomas Cabell. This third annual event will be Friday, April 26th at 9:00 AM at Brentwood Baptist Church. We expect over 300 attendees. All welcome!

Through Dr. Cabell's personal story and practice as a cardiologist, he is passionate about the importance of emotional health as it relates to the nervous and immune system function, or dysfunction, which results in dis-ease in our bodies. We will be talking about the ACE (Adverse Childhood Experience) score for childhood trauma and explore the ways adverse childhood experiences have been linked to a variety of adult conditions, ranging from increased headaches to depression to heart disease. An ACE score is a tally of different types of abuse, neglect, and other hallmarks of a rough childhood. [Take the test here](#). According to the [Adverse Childhood Experiences study](#), the rougher your childhood, the higher your score is likely to be and the higher your risk for later health problems. The ACE score isn't a crystal ball; it's just meant as guidance. It tells you about one type of risk factor among many.

We will focus on intentional ways and ideas for supporting our body and mind through relationships, nutrition, movement, play, and meditation in mini sessions following Dr. Cabell. The event is free for the public, but donations to The Refuge Center's services and programs are encouraged. Advance registration is required. Doors open at 8:30 AM. A light breakfast will be available. The event concludes at 12:00 PM. Visit www.therefugecenter.org/events for more details.

ABOUT THE REFUGE CENTER

The Refuge Center opened in December 2005 as its founders Amy Alexander and Jennifer Gillett had a strong desire and vision to serve their area of residence—Williamson County—which is recognized as the seventh wealthiest county in the country. Oftentimes, this wealth overshadows those who are in need in this area. To live among great prosperity and to be in need is often to feel invisible. Through counseling, many are able to receive help before a family dispute turns violent, before a teen feels there is no hope for their life, before a couple gives up on their marriage, or before someone turns to drugs to escape their pain. **We believe that every individual deserves the opportunity to seek therapeutic resources regardless of their ability to pay.**

The Refuge Center is equipped to provide a wide range of professional counseling services, including therapy for anxiety, depression, trauma and addiction, marital therapy, play therapy, grief and loss counseling, family counseling, and therapy for domestic and dating violence, sexual abuse, adolescent behavioral issues, parent training and adoption-related issues.

103 Forrest Crossing Blvd / Suite 102 / Franklin , TN 37064 www.therefugecenter.org 615.591.5262

Connect with The Refuge Center for Counseling:

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“Live Intentionally” Speaker Series

Corporate Sponsorship

Friday, April 26, 2019, at Brentwood Baptist Church. “Healing through Connection: Overcoming Trauma, Toxic Stress and Disease” with speaker Dr. Thomas Cabell. FREE event with experiential mini sessions for intentional ways to support our mind-body connection through nutrition, movement, play, and meditation.

Name/Title: _____ Company: _____

Mailing Address: _____ City: _____ State: _____ Zip Code: _____

Phone: _____ Email: _____

Yes, we will serve as a sponsor for The Refuge Center for Counseling “Live Intentionally” event. (Select sponsorship level below)

	Hope Presenting Partner <input type="checkbox"/>	Wisdom Partner <input type="checkbox"/>	Courage Partner <input type="checkbox"/>	Nurture Partner <input type="checkbox"/>
	\$10,000	\$5000	\$2500	\$1000
Company name prominently featured in event press releases (press deadline applies: 2/28/19)	✓	-	-	-
Ad in Event Program	Full Page	½ Page	-	-
Prominent corporate logo on emailed event admission ticket	✓	-	-	-
Opportunity for company representative to give “Sponsor Message” in opening remarks at event.	✓	-	-	-
Recognition on stage at event	✓	✓	-	-
Opportunity to have a Refuge Center Community Mental Health Education presentation at your company	✓	✓	-	-
Table in check in area for guests to visit for your brand awareness items.	✓	✓	✓	-
Name/logo placement on pre-event poster and marketing materials and event program	✓	✓	✓	✓
Recognition on The Refuge Center for Counseling's website with link to company's website (visible for a minimum of one year)	✓	✓	✓	✓
Recognition in The Refuge Center for Counseling's e-newsletter with links to website.	✓	✓	✓	✓
Recognition in The Refuge Center for Counseling's 2019 Impact Report	✓	✓	✓	✓
Company mentions on The Refuge Center's Facebook, Twitter, and Instagram pages (the number of mentions is the minimum and may exceed the amount listed)	Four	Three	Two	One
Event tickets with priority seating. (Event is free to attend, any number of priority corporate admission seats wanted are available)	✓	✓	✓	✓

“Live Intentionally” Speaker Series
Corporate Sponsorship

(continued on back)



The Refuge Center
FOR COUNSELING

Method of Payment

- Invoice me** for payment at a later date
- Check** enclosed payable to *The Refuge Center for Counseling*
- Credit Card** VISA MasterCard American Express

Name on Card: _____

Card #: _____

CVV# _____

Exp. Date: _____

Signature: _____

In order to ensure recognition on our event marketing materials, **please submit this form or call by Friday, April 5, 2019**

The Refuge Center for Counseling
Attn: Amy Cochran
103 Forrest Crossing Blvd., Suite 102
Franklin, TN 37064

For more information, contact Amy Cochran
amy.cochran@therefugecenter.org or (615) 739-
1131 or visit www.therefugecenter.org

Notes: