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HEALTH & WELLNESS



good grief

WITH CHERYL ESPINOSA-JONES



Good Grief with Cheryl Jones
Wednesday at 2 PM Pacific
June 17th 2020: Keeping Hope Alive

In times when the inequities and oppressions of the world are obvious to all whose eyes are open, how do we keep hope alive, not only for ourselves but for our children? Sean Perry dedicates his life to the mental health needs of kids and has plenty to say about what helps all of us find our way in the midst of challenges. Join us for a conversation about what each of us can contribute to a better world; for ourselves and for the generations of human beings that will come after us.

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Featured Guest



Sean Perry

Sean is the President / Co-Founder/ Executive Director of We R H.O.P.E. and the former host of We R H.O.P.E. Breaking The Stigma Through Change on the Voice America Empowerment Network. Sean has two decades of coaching experience and working with youth. He's a certified Life Coach, Cognitive Behavioral Coach, Nonviolent Crisis Intervention Specialist/ instructor, certified in Childhood Trauma and is an Exposure Response Prevention Specialist, Signs of Suicide Prevention trainer. He is also trained in collaborative problem solving and is an international trainer in Emotional CPR. Sean's program is currently in 9 schools in Vermont and New Hampshire and continues to grow. Sean has spoken at

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