

Seriously! Are We There Yet?! – Stay Calm & Journey On

Free Virtual Event, October 6, 2020 @ 2
pm ET (90-minutes)



SERIOUSLY! ARE WE THERE YET?!
Staying Calm & Journeying On

A ComMPRO Live Virtual Event
with author Paolina Milana and illustrator Whitney Horton

REGISTER

October 6
2pm EST - 90 min

**SERIOUSLY!
ARE WE
THERE
YET?!**

START LIVING LIFE LIKE A KID AGAIN

About

With October designated as Emotional Wellness Month and World Mental Health Day being observed on October 10, we invite you to **JOIN US** for a free virtual event “**Stay Calm & Journey On**” taking place on Tuesday, October 6, 2020 at 2 pm EST. Come take a breather from “adulthood” when surrounded by madness, as communications veteran, mental health advocate, and published author Paolina Milana, joined by graphic artist and illustrator Whitney Horton, shares her latest book,

“Seriously! Are We There Yet?!” This conversation is for the millions of us who may be struggling with this thing we call life, especially during these challenging times. It includes “story-time” with a sharing of the inspirational rhyming romp written for we “grown-ups” living in the real world, faking it, sometimes making it, and more often than not failing and wondering *WTF...?; How did we end up here?; Where do we go now?; and, How much longer 'til we 'arrive'?*

This 90-minute program (that includes Q & A) will speak to communications professionals who tend to always put on that brave face and positive messaging. We invite everyone to “come as they are” to get a mental health boost no matter *where* they are finding themselves emotionally. Mental health tips, tools, and resources will be shared during and following the event with educational and motivational content coinciding with other related events throughout the month of October.

Speakers

Paolina Milana

Published author, speaker, podcaster, content producer, and Founder of Madness To Magic, Paolina Milana’s mission is to share stories that celebrate the triumph of the human spirit and the power that lies within each of us to bring about change for the better. Her professional background includes telling other people’s stories, both as a journalist and as a PR and digital media/marketing executive. She currently serves as a Court Appointed Special Advocate (CASA) for children in foster care and as an empowerment and writing coach who uses storytelling to help people re-imagine their lives, write their next chapters, and become the heroes of their own journeys. Paolina’s first book, *The S Word* (She Writes Press, May 2015), earned the National Indie Excellence Award. **Seriously! Are We THERE Yet?!** (October 2020) is the first in her “children’s book for adults” series, and *Miracle on Mall*

Drive (November 2020) is her first fiction novel. Her free podcast, *I'm with Crazy: A Love Story* is on iTunes at <https://apple.co/399ToaG>. A proud first-generation Sicilian, Paolina is married and lives on the edge of the Angeles National Forest in Southern California. She welcomes contacting her at powerlina@madnesstomagic.com.

Whitney Horton

The illustrations in *Seriously! Are We There Yet?!* are the work of Whitney Horton whose prior projects include *How Are You Feeling?* and *A Day without Oils* by Joe Bell, and *Essential Oils for Pregnancy, Birth and Babies* by Stephanie Fritz. Whitney is a freelance graphics designer and illustrator who has done work for brands nationwide. Connect with her @HortonDesigns or visit WhitneyHortonDesigns.com.

Reserve Your Free Spot

▪ Name*

First Last

▪ Email*

▪ Company Name*

REGISTER