



# PARENT NETWORK

OF CATHOLIC HIGH SCHOOLS IN SAINT LOUIS

Presents

## “LOOKING FROM THE OUTSIDE IN”

with **Sarah Swafford**

As a parent, teacher, coach, priest, religious, or anyone close to a young woman or man transitioning through stages of life, it can be tough to watch your loved ones go through this challenging time.

Is there a game plan for these years? How can someone help and not just stand by?

In this talk, Sarah offers an understanding of Emotional Virtue, a map for navigating relationships, and a closer look at how to build up interior confidence. Being that person your loved one turns to—and does not run from—starts now.

**Tuesday November 5, 2019 at 7pm**

**Location: Visitation Academy – DeChantal Hall**

3020 N Ballas Rd, St. Louis, MO 63131

### Sarah’s Official Biography

Sarah Swafford is the founder of Emotional Virtue Ministries. She speaks internationally to people of all ages on a variety of topics such as: Emotional Virtue, Dating and Relationships, Modesty of Intentions, and Interior Confidence. She is a graduate of Benedictine College and has been involved in ministry for over ten years.



**EMOTIONAL VIRTUE**  
S A R A H S W A F F O R D

[www.emotionalvirtue.com](http://www.emotionalvirtue.com)