

## Pro Family Group

Our next meeting, which is set for **April, 26<sup>th</sup>** and our special guest will be Mrs. Shida Shirazi, Founder and CEO of **IranianHotline.com**, the most comprehensive Iranian Information Center online. She will talk about internet, IranianHotline.com and ways to benefit from information online. How to find your favorite events or the right business online 24 hours, 7 days a week?

IranianHotline.com was founded on December 2003 and has been providing detailed and useful information about Iranian community ever since. The focus is on Persian events and businesses in Southern California.

Shida Shirazi is a graduate of Aryamehr(Sharif) University of Iran in major of Computer Hardware Engineering and has been working on computer applications, website design and programming in United States for past 18 years.

**Dr. Shirin Nooravi** will give a lecture on the topic of fears and anxieties that may be holding us back from achieving our life goals and dreams. She will help participants understand the difference between fear and anxiety and how to face one's unknown and known fears. She will continue this subject for month of May as well.

Dr. Shirin Nooravi has her doctorate degree in Clinical Psychology and is currently working as a licensed clinical psychologist in her practice in Tarzana. She is the author of a book and CD on effective parenting. She has translated six other books related to couples and families. These texts are about the power of love, relationships and raising kids.

She has extensive experience in treating depression and anxiety and uses Eye Movement Desensitization Processing (EMDR) to help clients overcome post traumatic stress disorders.

Golden Age Center,

18332 Ventura Blvd between Etiwanda and Reseda Blvd.

1:00 p.m. to 3:30 p.m.



Pro Family Group is a women's networking group created so women in the area could meet, network and support each other in the areas of family and career. Each meeting has short presentations, poetry readings and information exchanges.

Group members determine



Please note that there are *no fees* required to participate in Pro Family Group events. We encourage your participation and ongoing feedback. Please feel free to forward this email