



Connecting To Life with Joy and Hope

HAVE YOU RECENTLY EXPERIENCED
A DIFFICULT TIME IN YOUR LIFE?

ARE YOU READY TO MOVE ON FROM THIS EXPERIENCE?

In this free Support Group you will have the opportunity to:

- **Learn from the lessons of life's difficulties**
- **Use these lessons to find Hope and Joy**
- **Find compassion for yourself and others**
- **Form strategies to meet your goals**
- **Be with people who understand**

When: 1st and 3rd Tuesdays of the month

Time: 1:30 to 3:00 PM

Where: The Braille Institute, 2031 De La Vina

For further information, please call:

The Center for Successful Aging:

805-963-8080

