

“Managing Life’s Transitions”

- A 5-week/session psycho-spiritual educational class/support group for those experiencing unexpected career moves, loss of employment or marriage, serious illness, caregiver/
- Caregiving changes, empty nest, or any experience of loss that propels a person into unexpected change. Focus is to move through a change process in healthy, hopeful ways.
- Topics include:
 1. Transition versus Change: Opportunity for Self-Growth (Stages/What to expect)
 2. Coping Skills & Tools
 3. Managing Emotions/Relieving Stress
 4. Avoiding the Victim Trap and other Issues Related to Co-dependency
 5. Embracing Change