

LIVING AUTHENTICALLY IN DIFFICULT TIMES

Learning to navigate conflict while fostering healthy relationships and connections.

Free community class/discussion

Join us in this rich and transformational conversation about what healthy families, relationships and communities look like; how to recognize the signs of dysfunction and find the path forward to what we truly desire in our lives.

In this class you will gain tools to move your inner world and relational world toward kindness.

Topics for discussion include moving from:

Isolation and loneliness ... to ... Connection and sense of belonging

Anxiety and depression ... to ... Calmness, curiosity and peace

Despair and hopelessness ... to ... Contentment and fulfillment

Shame and guilt ... to ... Self-esteem, confidence and vitality



**Date: March 25th
Time: 6:00 - 7:30 pm**

**PLACE: CHELSEA FIRE
AND RESCUE
324 VT RT 110
CHELSEA, VT. 05038**

**Food and Child Care
provided**

**Bring your questions and
an open mind and heart.**

For information,
email wellness@vershare.org

Or visit vershare.org/wellness

**Discussion facilitated
by Dr. Gregory Wilson,
who has been working in
the counseling and
support group field for
over 40 years.**

**Co sponsored by VerShare
and SafeArt**