

Online Talking Circle of Support

For Ages 55+

Starting May 14th



Thursdays 2:00 - 3:00

Purpose

- Visit with others in a similar situation
- Connect with guest speakers who can answer important questions about healthcare and services
- Share stories and cultural presentations
- Find comfort and a sense of belonging
- Learn new ways to stay physically and mentally healthy

Format

- Online via Zoom or telephone

This online talking circle can help support community members age 55+ during social distancing, allowing for a chance to listen, have a voice, ask questions, and be part of a healing circle of support.

If you're interested in joining us, or to get more information give us a call.

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