



The Second Half of Life: Meeting it with Resilience, Living it with Joy

*Tools for surviving and thriving through
changes, transitions & losses*

**Saturdays, 9-10:30 am
St. Barnabas Church, Gowan Library
Jan 9, 16, 23 & Feb 6**

What helps us find (and keep) our ballast and buoyancy in the second half of life? Kerry Grant, MA, LMFTA, will share an overview of research and resources from psychology and spirituality that build resilience. Participants will be invited to share their wisdom and their stumbling blocks: what's challenging, what's helped. Folks are encouraged to attend all four morning groups, but welcome to attend any of the individual sessions. Coffee service will be provided; breakfast snack contributions are welcomed.

- Jan 9 Overview, mindfulness practices for grounding through the storms
- Jan 16 Awareness practices for transforming painful emotions and increasing resilience and joy
- Jan 23 How relationships matter for resilience, and how to make the most of them.
- Feb 6 Knowing and cultivating your inner resources: spirituality and faith, soul life, passion, pleasure, purpose and service. Spiritual autobiography.



Kerry, a member of St. Barnabas Episcopal Church, works with families and individuals as a psychotherapist in private practice on Bainbridge Island and Poulsbo, and as a geriatric mental health specialist with Navos Mental Health Solutions in Seattle.