

LIFE CHANGES: Who Am I Now?

Saturday, September 21, 2019

9:30 AM - 3:30 PM

Cost: \$65 – includes buffet lunch

Coffee and Registration: 9:00 AM

*Put more joy and more meaning into your life
through self-awareness and self-esteem.*

For anyone going through or anticipating a major change in their life, explore how self-image is formed and affected across the lifespan, the components of self-esteem, the strengths which enable us to navigate change, the grieving which may accompany it and the areas that may need healing in order to live fully who and where I am now. Mini-presentations, personal reflection and group work.

Presenter: Anna Racine serves as adjunct faculty at Mount Carmel Spiritual Centre in a facilitator role. Anna also ministers on the St. Thomas More Parish Bereavement Team. Anna was the recipient of the 2015 Niagara Catholic Award of Distinction for her twenty years of service in Church Ministry and in various roles with the Niagara Catholic District School Board.



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