

Navigating Life's Currents



Finding balance, resilience, surrender, ease, and connection.

Six Wednesdays from Jan 29th-March 4th, 2020 at 1:00-2:30 PM

There are so many elements of life that can cause us to experience disconnection from self and others: grief, loss, aging, physical or mental pain, anxiety, fear, shame, loneliness, illness, climate change and so much more.

***Together we can offer each other courage and meaning
in our often-challenging human condition.***

This group will be a 6-week **conversation** based on thoughtful and reflective inquiry, providing **support** for integration of new possibilities. It is not intended to be a therapy group or mental health intervention.

Facilitators:

Bonnie Burg, LICSW, BCD, is a clinical social worker who sees individual and couples in her psychotherapy practice in Eastsound. She has over 45 years of experience in psychotherapy practice, supervision and teaching in both clinic and hospital settings. Since moving to Orcas, Bonnie has also served on several boards including the Orcas Community Resource Center and Orcas District Senior Center.

Susan Shannon, M. Div, BCC, has worked extensively in the areas of Restorative Justice and Emotional Literacy. She has focused her efforts on facilitating connection and interconnection with diverse populations, including the homeless, refugees, and most recently, inmates on San Quentin's Death Row. Susan has returned to Orcas after 40 years, and is excited to continue this life changing work during these challenging times.

Held at the Orcas Island Community Foundation Volk Conference Room

Space is limited, please call Bonnie Burg at 360-376-6100 to sign up or for more info.

Donations appreciated, all proceeds go to OICF