

Free

Let's Talk:

Conversations on Aging

Let's Talk offers a setting for open, and honest facilitated discussion on topics unique to people over the age of 60. These interactive conversations provide a forum for discussion as well as an opportunity to explore new possibilities, resources, and connection.

Call 503-625-5644 to register

Wednesday, November 5th @10:30am

Handling the Holidays

Don't let the holidays become something you dread. Let's share how to lessen or prevent stress and depression while learning to recognize your holiday triggers.

Wednesday, December 3rd @ 10:30am

Giving Up the Keys

Quitting driving can be a huge loss of independence. What other activities have you given up? Let's chat about how you feel about this and how you've adapted.



Wednesday, January 7th @ 10:30am

Who Am I Now?

Our roles and responsibilities change throughout life as we take on new roles and give up others. Explore who you are at this point in your life and what brings you meaning. Join a group of your peers to discuss the pros and cons of these changes and to help bring clarity to how you will define yourself now.

Wednesday, February 11th @ 10:30am

Learning from Grief & Loss

As we age, we experience losses of many types. Grief may become a more common experience. Your Healing takes as long as it takes. Learn from others as well as yourself to find your unique path through grief.