

Aging Grace-fully

Center... for Soul Work

In general, we share the blessings, gifts, challenges, difficulties that each is experiencing at this stage of her life. There is a focus each time and we work with dreams, poetry, have some form of creative expression and have both large and small group discussions.



“In this group I am able to explore my hearts yearning to become a wise old woman and also my fears of the diminishment that comes with growing old.” - participant

We Look With Uncertainty
*We look with uncertainty
beyond the old choices for
clear-cut answers
to a softer, more permeable aliveness
which is every moment
at the brink of death;
for something new is being born in us
if we but let it.*

*We stand at a new doorway,
awaiting that which comes...
daring to be human creatures,
vulnerable to the beauty of existence.
Learning to love.*

-Anne Hillman

**Usually held the 1st Tuesday
of the month**

10:30 am to 12:30 pm

Contact Ann at
anndobbartin@gmail.com if
interested in joining us.

Usually 4-6 women

You are courageous women..... seeking your Soul..... honoring the journey of consciousness. I encourage you to keep making time to be in a Community of Soul Seekers.

Ann Dobbartin, LCSW-C

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