

THE DELICATE BALANCES OF LATER YEARS

adapting to change and reaching a deeper level of meaning and spiritual renewal within a safe, compassionate, and confidential space.

**Starting Tuesdays, June 20 & 27
at 10:00am -11:30am**

Meet in the Spielman Schmooze and Bridal room

Discussions facilitated by
John R. Graham, MD CM FRCPC DLFAPA

“When we reach a certain age, as children grow and develop, parents need added attention, friends move, an illness reminds us of an ending to life, or death in the family leaves its mark. The pandemic experience reminded us that withdrawal from our social connections could lead to loneliness and isolation. Being with others, who have experienced similar changes, allows a new level of understanding. Taking the time to listen, learning to listen to others, and having diverse people with acceptance and different strategies to work through change, strengthens all of us... We can refresh our connections with the fresh air of lovingkindness, use our breath to say words, look at things with a different attitude of discovery, express care in caring for the person in their situation, and grow our sense of self-love. Without self-love, we cannot love our neighbor or our God.” John R. Graham

**For questions please contact John Graham at
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