



# The Three Pillars of Hope

A program for women in transition who have experienced divorce, retirement, job loss, death of a spouse, empty nest, or cancer survival

- Do you feel stuck?
- Are you unable to move forward?
- Are you overwhelmed and uncertain about how to chart a new course for your life?

The Three Pillars of Hope is an eight week program designed to help you take stock, design a plan, and take action.

You will:

- Tap into your spiritual resources
- Align with others on a spiritual and healing journey
- Begin the process of creating your new life

Work with Ann, a skilled poetry therapist and coach, and gain support from working with others who share your journey to building a more rewarding life.

Dates: Oct. 5-Nov. 23, 2008

Time: 2-4 pm Cost: \$250.00 (payable before 1st class)

Place: Oakland Mills Interfaith Center in The Quads.



For more information, contact:

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