

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. In partnership with Cascadia Health.

Call 503-625-5644 to register

Wednesday, July 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, August 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 meaning to your life. 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 during this stage of life.

Wednesday, September 4th @ 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 the grief.

Wednesday, October 2nd @ 10:30am

Living Solo as An Older Adult - As we age, some of us have family and friends who will provide care or support if needed, and some of us do not have those relationships in our lives. Even if we have children, they may not be able to provide need support. Discuss your feelings, experiences, and concerns surrounding aging without close family or friend relationships. Share ideas about ways to strengthen your social and safety networks.



21907 SW Sherwood Blvd. • Sherwood, OR 97140 • 503-625-5644