

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 2nd@10:30am

Resilience: Bouncing Back

How well do you bounce back from adversity? Resiliency has been shown to be key in positive mental health. Come and talk with others about developing resilience in the face of stress and change.

Wednesday, August 6th @ 10:30am

End of Life Decisions Considering end-of-life realities can be overwhelming and easily set aside. Let's talk about making plans and asking questions about these decisions. Note: This conversation will not provide legal advice but instead offers a safe environment to explore and share feelings, fears, and thoughts that surround end-of-life issues.

Wednesday, September 3rd @ 10:30am

Downsizing Many of us don't think about where and how we will live as we age. Although we may have strong feelings about what we would like, our health and social needs change; then we may need to downsize our belongings to best fit our life. Join us for a facilitated discussion about the things that are most important to us and how to let go of those belongings that no longer fit into our lives. we age.

