

JOIN US FOR A

– WORKSHOP –

# Coping: LONELINESS

In this modern world, true connection can seem fleeting. In this workshop, we'll discuss the physical and mental health impacts of loneliness, the power of vulnerability, identify hidden connections we have with others, and engage in fun activities to practice building authentic connection with others.

Thursday | May 22, 2024  
11:30 AM

Mt. Carmel Gardens Senior Apartments

Presented by Family Foundations & Agape  
Family Health

