



## Live, Learn and Grow: Thoughtful Conversations with Ligia

Join us every **Thursday at 3 pm** for support, company, and understanding during these unprecedented times.

*Live, Learn and Grow – Weekly facilitated conversations, delivered via Zoom..*

*You can call into the meeting or join online.*

*We will have open dialogue on different topics on emotional health. Join by clicking on this link:*

<https://us02web.zoom.us/j/84005625459> , or calling into

1-301-715-8592, meeting room #84005625459

Aug. 6:	How to Handle Stress and Anxiety	Oct. 15:	Tips to Have Fun in Confinement
Aug. 13:	More than Surviving in Times of Crisis	Oct. 22:	Meditation and Spirituality Wellness
Aug. 20:	Validate and Express your Emotions	Oct. 29:	Understanding Emotional Intelligence
Aug. 27:	Grieve During Unprecedented Times	Nov. 5:	Love is The Most Powerful Emotion
Sept. 3:	Connect with your inner self	Nov. 12:	Share with Others in 2020
Sept. 10:	Ten Tips for a Longer Life	Nov. 19:	Our Mind is Powerful, Let's Use it!
Sept. 17:	Choosing to Live with meaning	Nov. 25:	Having a Grateful Attitude
Sept. 24:	What is Mindfulness?	Dec. 3:	Transform Your Life after a Loss
Oct. 1:	Embracing Forgiveness	Dec. 10:	Finding Meaning in Life Transitions
Oct. 8:	Choose to be Happy	Dec. 17:	Navigating Aging with Meaning



**EVERY THURSDAY, Aug. 6<sup>th</sup> – Dec. 17, 2020; 3 PM to 4 PM**

**Ligia M. Houben, MA, FT, FAAGC, CPC, CHT**

Is the founder of My Meaningful Life, LLC and The Center for Transforming Lives in Miami, FL where she consults with individuals and families; offers coaching/support groups and workshops.

The Alliance for Aging offer a variety of programs and services that enhance the quality of life for residents of Miami-Dade and Monroe Counties. We advocate, plan, coordinate, develop and deliver services for adults aged 60+, adults aged 18+ with disabilities, and family caregivers.