



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. 6th – 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 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.