

# Conversations for Connection

Thursday, Sept 3, 7-8pm

## Choosing Joy and Creativity in Difficult Times:

### *Possible or a Pipe-dream?*

A global pandemic. Anxiety everywhere. Dashed plans, hopes on hold. How do we choose joy in the middle of loss? How can we embrace beauty and creativity without entering toxic positivity? What does radical joyous self-care look like while not denying the challenges of this moment?



**Sue Brightman** is an author, conscious business and personal coach, and interfaith chaplain. She is an advocate of spiritual practice and hope as part of mental health, especially for people diagnosed with mental illness. Her book *A Call to Further Becoming* will publish in Sept 2020.



**Sam Glover** is a professional sound engineer, podcast producer, musician and visual artist who uses creative expression as a means of maintaining wellness and peace.

