



Spiritual Renewal for Troubling Times A Circle of Trust® Virtual Gathering

**Wednesday, July 29th
5:30-7pm EDT**

Rev. Robby Carroll, Director of the Shallowford Family Counseling Center, and Kay Stewart, Director of Mindfulness Education, consider it a privilege to engage in meaningful conversations that illuminate what matters most as we seek to live life fully and well. They share a passion for creating healing communities of deep listening where we can ponder how to live life on life's terms. Their shared work is aligned with living the serenity prayer ... accepting what we cannot change, changing what we can, and having the wisdom to know the difference. Through a variety of Inner Workshops, they seek to share insights, experience, courage, and hope.

[Register Here](#)

About the Facilitators:

Robby Carroll , M.Div., LMFT, has over 30 years' experience and training in various counseling modalities, including post-graduate studies in Marriage and Family Therapy, Addiction intervention and counseling, as well as Appreciative Inquiry consulting.

Kay Stewart joined Shallowford Family Counseling Center in 2013 after completing graduate studies in mindfulness and contemplative education. Kay facilitates classes and retreats grounded in mindfulness and evidence-based practices for reflection, resilience, and renewal.

For more about Robby & Kay, visit: Shallowfordfamilycounselingcenter.org

Kirkridge online programs are free and open to all who register. If you are able, you may make a donation of any amount to help us continue offering spaces for reflection and community.



Kirkridge Retreat Center | 2495 Fox Gap Road, Bangor, PA 18013