What’s Next? Tools for Life Transition

Date: Thursday, October 13
Time: 9:30 am – 12:00 noon
Location: PCC CLIMB Center (near OMSI), 1626 SE Water Ave., Portland
Fee: $79 Early Bird rate - register by October 1; $89 as of October 2
Register: What’s Next? Tools for Life Transition or www.pcc.edu/climb/life
Info: Deborah.durham1@pcc.edu - 971-722-6634

We all find ourselves in that space as we move through life and the many transitions we experience. Whether you are moving into the unchartered territory of retirement, a new career, divorce, or relocating, change is the reality. It can be unsettling, scary or perhaps even exhilarating. Regardless of how it feels, it happens, again and again. In this workshop you will

- Develop an understanding of your personal feelings about change
- Implement specific strategies to help work through your current life transition
- Gain support from your peers on the challenges you face
- Receive resources for future application

“Great tools! Inspiring, and presented very enthusiastically.”
“The instructor is a low-key, empathetic, and broadly experienced facilitator. There was a planned focus and strategy.”

Facilitator Mary Ellen Hoeh’s Encore career since retiring has been focused on working with nonprofits in the areas of positive aging, life transition and older adults.