

Passages

A JOYFUL WAY TO NAVIGATE YOUR GOLDEN YEARS

Passages is a unique program offering practical tools and personal insights to help individuals lead enriched lives in their later years. Whether you are planning for retirement or other life transition, or have already embarked on this new phase of your life, *Passages* can help you navigate the challenges and rewards of life during your Golden Years.

Passages can assist you to set a new life course by:

- Learning more about yourself by exploring your interests, skills, strengths, and values
- Developing ways to contribute the wisdom of your life experience
- Recognizing life skills that can help you chart a new direction
- Help you crystallize your vision by looking for the “essence” of what you want to experience and accomplish in this phase of your life
- Raising your “fun and freedom” quotient by renewing old passions or developing new ones

Passages can help you to go beyond our society’s ideas about “aging” and change your perceptions of the aging process. Even as your physical activity may be slowing down, your life experiences can still expand, and your personal growth can deepen. When faced with the inevitable losses and challenges that come with aging, *Passages* can help you to:

- Have compassion for yourself rather than self pity
- Learn new coping skills
- Overcome the fear of uncertainty
- Reenergize yourself and live more fully in each moment



Passages is facilitated by **Joanna Kaser, MSW**. Joanna received a Master’s degree in Clinical Social Work and was an adjunct instructor at Stonybrook University, New York. She has had a private practice as a psychotherapist for the past 25 years.

Joanna is available to give a free lecture for your organization, church, temple, or senior community. The *Passages* program is delivered in individual, couple, or group sessions.

For more information, contact Joanna at (805) 682-5873.

