

“Taming the Lions In Our Life”

- A five-week class designed to assist people in learning to face, thrive, and ‘shine’ in the midst of life’s threatening emotions. Classes focus on depression, anxiety & panic, anger & resentment, loneliness & grief and doubt & skepticism. Often seen as “giants that need to be slain” or disposed of, this class seeks to assist participants with ways of living and growing with and through them.