



## Live, Learn and Grow: Thoughtful Conversations with Ligia

Join us every **Friday at 3 pm** for open dialogue, support, and company during these unprecedented times.

*Live, Learn and Grow – Weekly facilitated conversations, delivered via Zoom.*

*You can call into the meeting or join online by clicking this link*

<https://uniper-care.zoom.us/j/6701243006>, or calling into

1-301-715-8592, meeting room # 670 124 3006.

Jan. 15:	Setting Goals with Meaning for 2021	Mar. 26:	Living Mindfully
Jan. 22:	Three magic words: resilience, patience, and adaptability	Apr. 2:	What type of coping skills do you have?
Jan. 29:	Helping Others-Healing Ourselves	Apr. 9:	How can you take control of your life?
Feb. 5:	Meditation and Your Health	Apr. 16:	Writing Your Story-Leaving a Legacy
Feb. 12:	Using Mantras, Affirmations and Visualization for a Happier Life	Apr. 23:	Is it OK not Being OK?
Feb. 19:	Redefining what is Essential	Apr. 30:	Cultivating an Attitude of Gratitude
Feb. 26:	Embracing Forgiveness	May 7:	Are you Alone or Lonely?
Mar. 5:	5 Tips to Communicate Better with Others	May 14:	Managing Stress and Anxiety
Mar. 12:	Self-care: nurturing the relationship with yourself	May 21:	Letting Go of Regret and Worry
Mar. 19:	With lemons we make lemonade	May 28:	Finding (and Living!) Your Passion



**EVERY FRIDAY, Jan. 15<sup>th</sup> – May 28, 2021; 3 PM to 4 PM**

**Ligia M. Houben, MA, FT, FAAGC, CPC, CHT**

Is the founder of My Meaningful Life, LLC and The Center for Transforming Lives in Miami, FL where she consults with individuals and families; offers coaching/support groups and workshops.

The Alliance for Aging offer a variety of programs and services that enhance the quality of life for residents of Miami-Dade and Monroe Counties. We advocate, plan, coordinate, develop and deliver services for adults aged 60+, adults aged 18+ with disabilities, and family caregivers.





**Alliance for Aging, Inc.**  
*Answers on Aging*



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*We will have open dialogue on different topics on emotional health. Join by clicking on this link:*

<https://us02web.zoom.us/j/84005625459> , or calling into

1-301-715-8592, meeting room #84005625459

Aug. 6:	How to Handle Stress and Anxiety
Aug. 13:	More than Surviving in Times of Crisis
Aug. 20:	Validate and Express your Emotions
Aug. 27:	Grieve During Unprecedented Times
Sept. 3:	Connect with your inner self
Sept. 10:	Ten Tips for a Longer Life
Sept. 17:	Choosing to Live with meaning
Sept. 24:	What is Mindfulness?
Oct. 1:	Embracing Forgiveness
Oct. 8:	Choose to be Happy

Oct. 15:	Tips to Have Fun in Confinement
Oct. 22:	Meditation and Spirituality Wellness
Oct. 29:	Understanding Emotional Intelligence
Nov. 5:	Love is The Most Powerful Emotion
Nov. 12:	Share with Others in 2020
Nov. 19:	Our Mind is Powerful, Let's Use it!
Nov. 25:	Having a Grateful Attitude
Dec. 3:	Transform Your Life after a Loss
Dec. 10:	Finding Meaning in Life Transitions
Dec. 17:	Navigating Aging with Meaning



**EVERY THURSDAY, Aug. 6<sup>th</sup> – Dec. 17, 2020; 3 PM to 4 PM**

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