

Transitions



Life is going to be different.

We can help prepare you for how your life and relationships will change.

Take some time for yourself:

What does your best life look like?

What is keeping you from it?

What is your best next step?

Saturday November 3rd

Saturday March 3rd

1:00 English

2:30 Latino

**Don't let yesterday use of too much of today.
Cherokee proverb**