

RECOVERY & WELLNESS SERIES

Filling the Void Through Living From Purpose

Presented by Rob Steffke, Marriage & Family Therapist, MA, LMFT



Thursday, April 21st, 2016
5:30 to 7:30 pm



LOCATION:

CoRR Campus ~ Grass Valley

180 Sierra College Drive, Grass Valley, CA 95945

5:30 - 6:00

Light Refreshments

6:00 - 7:30

Presentation

Topics include:

- How the functioning of the brain's reward system is enhanced through connection to purpose
 - The concept of a "Core Gift"
- Traditional understandings of how the individual relates to the community
- Resiliency as it relates to purpose
- The need for healthy risk-taking
- The barriers to offering our gifts

RSVP to Melissa Kelley

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www.CoRR.us

Community Recovery Resources is approved to provide two (2.0) continuing education units (CEU's): **BBS #PCE2459, CAADAC #5-01-456-0215.**

*In accordance with the Americans with Disabilities Act (ADA); if you need assistance, including disability-related modifications or accommodations, please **contact Melissa Kelley**, no later than five calendar days before the meeting at **(530) 273-9541**.*