

# A Free “Finding Home” Workshop for Seniors

Kitsilano Neighbourhood House is offering a free Finding Home Workshop from 10 am to 1 pm on the first three Thursdays of May.

The workshop is designed and facilitated by Jessie Sutherland from the Justice Institute of British Columbia. Jessie is the founder of the Finding Home Initiative and author of *Worldview Skills: Transforming Conflict From the Inside Out*. She has over 20 years experience in intercultural relations, community development and conflict resolution. Jessie is deeply committed to building communities that foster a sense of belonging and

use a values-based approach to resolving personal and community challenges.

The Kitsilano Neighbourhood House works towards building welcoming and inclusive neighbourhoods. Finding Home Workshops aim to build social networks, end isolation, re-ignite meaning and purpose and increase self-esteem and wellbeing for seniors.

“The Finding Home workshops helped me understand what home really means and how important a connection to home is” - John.

“Seniors leave feeling empowered and equipped with practical tools that they

can use to become instruments of transformation in their own lives and communities.” Anne Nguyen, MD

The Finding Home Workshops will take place on Thursdays, May 7, 14, & 21 from 10 – 1pm (Refreshments provided).

The Finding Home Workshops are made possible in part by a funding grant from New Horizons for Seniors Program. Kitsilano Neighbourhood House is part of the Association of Neighbourhood Houses of Greater Vancouver - a volunteer-driven, community-based organization committed to responding to the social, multicultural, artistic, and economic needs and

values of its neighbourhoods.

For more information or to register, please call Julie Wall 604-736-3588.