

# Elders Circles

..... the Wisdom Journey

For LGBTQI Elders



## Have you ever asked yourself:

- How do I turn aging into the most meaningful time of my life?
- What supports me in keeping healthy and vibrantly alive?
- What are the end of life issues I need to address?
- How do I use my life experiences to mentor others?

Elder Circles are facilitated discussion groups that meet once-per-month on a drop-in basis to discuss important topics and share stories. Each Elder Circle focuses on one of four components: life review; life repair; what is my contribution; and mentoring. The facilitator is trained and culturally responsive to LGBTQI Elders

**Join us on the 3<sup>rd</sup> Saturday of every month  
1:00 – 2:30 pm**

**Cornerstone Fellowship, 2902 N Geronimo Ave, 85705**

Registration not needed – just show up! There is no fee to attend. Contact Christina Medvescek at 520.323.1708 x122 or [cmedvescek@ourfamilyservices.org](mailto:cmedvescek@ourfamilyservices.org)