Thursday evenings - April 19-May 17 (no meeting May 10) from 7-8:30pm.
Held at the Unitarian Society of New Haven, 700 Hartford Turnpike, Hamden

Rather than relying on divine intervention to address humanity's challenges, as humanists we affirm our own agency in the pursuit of happiness and recognize our responsibility to one another and the planet in this endeavor. Emerging research in the science of resilience and well-being affirms these truths, and provides time-tested practices and principles to help us "live a better life." In this experiential mini-course, we will explore evidence-based pathways for goodness, growth, and ultimately, human flourishing.

Facilitators:

Rachel E. Roth, CAPP, CGRS

Rachel is a Resilience Trainer, Grief Support Specialist, and ICF-Member Coach. She's been studying grief and resilience since being widowed in 2012, and is dedicated to helping people people bounce back from adversity with deepened clarity, connection, and commitment using evidence-based behavioral psychology.

Rev. Dr. Kathleen A. Green, CAPP

Kathleen is the Executive Director of YHC, on the teaching faculty at Claremont Lincoln University, and an ordained Unitarian Universalist minister. She has been committed to utilizing the principles of resilience in her personal and professional life since receiving certification in applied positive psychology.

All are welcome to join in this exciting 4-week journey but space is limited. Please register online by clicking here. **Course cost: $60** (some scholarships available)