

Staying Alive Online – TWO GROUPS – with Cathy McNally

Sessions: Eight (8)

Duration: 1.5 hours (90 minutes) each

Times: EITHER Starting at 5pm PST (5pm-6:30pm), OR starting at 7pm PST (7-8:30pm)

Dates: Wednesdays, 2019 July 3, 10, 17, 31, August 14, 28, September 11, 25.

Price: CAD \$300 plus GST [\$315]

Size: 6-8 participants maximum in each Staying Alive

Requirements:

1. Previously attended either Come Alive, Living Alive Phase 1 or 2, or New Horizons
2. Payment in full before first session, by e-transfer or cheque
3. If not already comfortable using Zoom, test/practice connecting with Cathy on Zoom before first session

Sign up / Questions / Finance issues — contact Cathy at: cathymcnally1@gmail.com

Staying Alive Online

After first hand experience of the impact of online connection following in-person Haven programs, I am excited to offer two Staying Alive Online experiences starting July 3rd 2019.

Decades ago, after my first Come Alive, I yearned to continue exploring and deepening in group format. Sadly I lived on the other side of the world, and it was not to be.

Now living in a remote area or far from other Haven alumni is no longer an issue! Join a Staying Alive Online group and ‘feel the difference’!

We will practice a variety of skills, explore Haven concepts/ideas, and address issues that are relevant to group members. Optional follow up practice tasks will be offered each week.

If you have questions or want to sign up, contact me, Cathy McNally, by email at: cathymcnally1@gmail.com

I look forward to hearing from you!

Cathy

Testimonial

Cathy is a sensitive and experienced facilitator and leader. We all felt seen and supported, and her insights, gently shared, were incisive and helpful. The format for Staying Alive Online is appropriate—it’s not “Come Alive” in person—it is less intense and at the same time a wonderful, easy to accept reminder to be fully alive. *Karen Minden, Spring 2019*