



Forgiveness *The Gift You Give Yourself*

Presented by: Barbara Katz, LMFT

Two Thursdays
October 22, & 29, 2015

1:30 pm - 4:30 pm
Valle Verde - Social Room

900 Calle De Las Amigos, Santa Barbara

The full concept of forgiveness seems to elude many in our society. We forgive quickly but then continue with simmering grudges and undermining behaviors. Some are able to find forgiveness for the most horrific life events, while others react to minor infractions with hatred, turmoil, poor health, and isolation.

Through a psychological lens, we'll learn ways to forgive, be forgiven and the essence of self-forgiveness. Included will be related topics such as revenge, empathy, compassion and making a meaningful apology. You'll be reminded of the benefits of forgiveness and how that may well be a gift for yourself.



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**Enrollment Form: Forgiveness – Oct 22, & 29, 2015**

**VISTAS Members \$25 Non-members \$37.50**

**Note: At-The-Door Registration is an Additional \$5.00**

Amount Enclosed \$ \_\_\_\_\_ Check# \_\_\_\_\_

Name(s): \_\_\_\_\_

Telephone: \_\_\_\_\_ Email: \_\_\_\_\_

Mail registration form to:

VISTAS Lifelong Learning, Inc., P.O. Box 23228, Santa Barbara, CA 93121-3228

Please check here if you would like to volunteer to help with refreshments \_\_\_\_\_

**BIOGRAPHY:** *Barbara M. Katz* is a Licensed Marriage Family Therapist, Retirement and Life Coach, who maintains a private practice in Santa Barbara. Over her career she has helped individuals, couples and families create balanced and rewarding lives. She is a prominent speaker on Couples' Retirement, How to Find Happiness, Forgiveness, and Loss and Bereavement. Barbara enjoys being an instructor at Antioch University, where she teaches grief counseling.

As a recent transplant here, she was active in Santa Barbara Newcomers and served as their president. Aside from her private practice, she coordinates the Five Wishes Workshop at Congregation B'nai Brith for The Alliance for Living and Dying Well. In her spare time, she can be found with any one of her eight grandchildren.



| <b>VISTAS Calendar</b>       |                            |             |                     |
|------------------------------|----------------------------|-------------|---------------------|
| <b>Seminar/Event</b>         | <b>Inclusive Dates</b>     | <b>Time</b> | <b>Venue</b>        |
| Annual Picnic                | Sunday, September 27       | 12:30 pm    | Tuckers Grove       |
| Documentary Film Club        | 3rd Thurs Monthly          | 2:00 pm     | Maravilla Theater   |
| Harvest Moon                 | Friday, Sept 25            | 9:30 am     | Goleta Library      |
| The Aztecs                   | Mondays, 9/28, 10/5, 12,19 | 1:30 pm     | Maravilla Club Room |
| Legal Issues for Seniors     | Sept 29, Oct 6,13,20       | 9:30 am     | Goleta Library      |
| Forgiveness                  | Thurs, Oct 22, 29          | 1:30 pm     | Valle Verde         |
| Power & Evil/Stalin & Hitler | Mondays, Oct 26-Nov23      | 9:30 am     | Valle Verde         |
| Crises in Higher Education   | Tuesdays, Nov 10, 17, 24   | 1:30 pm     | Valle Verde         |
| SB HermitageTour             | TBD                        | TBD         | SB Hermitage        |



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