

VISION BOARD WORKSHOP

Saturday, January 27, 2018

9:00 AM – 12:00 PM

Location: Cornerstone of Hope

5905 Brecksville Road, Independence, Ohio 44131

Cost: \$5 to cover the cost of supplies

RSVP required: cornerstoneofhope.org

Please bring: A poster board, color and size are up to you



Moving forward after a significant loss can feel impossible. As we enter into a new year, we naturally start to think about the months and years ahead. The old saying “failing to plan is planning to fail” is a very valuable message we need to bear in mind. How do we move ahead after experiencing a challenging life event? Creating a vision board can be an incredibly effective way to set and achieve goals. A vision board is a collection of collages created from pictures and other art materials. It’s a pictorial representation of your vision of the months and years to come. Through the

process of creating a vision board, our mind is conditioned to focus on what is important in life, therefore, the goals become more attainable.

Your facilitators will be Kelsey Loushin, Eldercare Professionals of Ohio, LLC and Natalie Morris, Morris MC.

We look forward to meeting you! Text 440-212-4987 or e-mail kdloushin@gmail.com if you have questions.

Presented by:



Eldercare Professionals of Ohio LLC

Coaching, Education, Networking



A CENTER FOR GRIEVING CHILDREN, TEENS AND ADULTS
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216.524.4673

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cornerstoneofhope.org