## "A Quest for Meaning"
### Led by Ann Berens
### Six Tuesdays, 10-12 noon
### January 24- February 28
### Cost: $120

A Quest for Meaning is a six weeks course that gives an opportunity to reflect deeply on the foundation from which we live our lives.

Inspired by the late Dr. Viktor Frankl's Logotherapy - therapy through meaning - as described in his book *Man's Search for Meaning*, this eclectic course begins with an Introduction to establish a sense of community, trust and purpose of the course. The following five sessions pose penetrating questions on the topics of personal Values, Identity, Beliefs, Reality and Self-affirmation. The technique of Socratic dialogue is used.

Participants are asked to write their response to each question for a few minutes before opening it up to discussion. The overall objective is to connect with our innermost self, or core, and to clarify what we want to do in order to fulfill our potential and find deep satisfaction in what we are doing with our lives.

Ann Berens is an Associate in Logotherapy. She has facilitated A Quest for Meaning courses and workshops in various locations in the Bay Area including the Mercy Center in Burlingame, and U.C. Berkeley YWCA.

**Angela Center Reservation Information**
Please pay the full amount when you register. For overnight programs, payment will be refunded, less a $35 processing fee, if you cancel two weeks before the program date. No refund will be made after this date. For classes, one-day workshops and seminars, no refund will be made after the starting date.

To register, mail a check to the:
**Angela Center, 535 Angela Drive
Santa Rosa, CA 95403**
along with your name, mailing address, phone number(s) and the name of the class(es) or workshop(s) you want to attend.

For further information call the Angela Center between 9am-2pm, Monday through Friday at 707/ 528-8578.  Work/scholarship assistance is available for most of our programs. Please call for more information.

**www.AngelaCenter.com  - 707.528.8578**