

## **ANGELA CENTER – Winter / Spring 2006 Program Calendar**

**“Working With Grief:  
Healing Through Our Changes and Loss”  
Led by F. Michael Montgomery  
Tuesday, Feb. 21, 2006  
7 to 8:30pm  
Cost: \$15**

A deep sense of loss can be experienced in many situations, not only those times when a loved one has died. This may include moving, the loss of a job, retirement, or a change in a relationship through separation or divorce. These losses touch us on many levels: emotionally, mentally, physically and spiritually. Often we do not recognize our need to grieve and instead dodge the feelings and experiences that come up. We may avoid being vulnerable and criticize ourselves for being so human. Yet our healing connects us with our Beloved. But in our pain, we often distance ourselves from our own hearts and deny ourselves the very healing that we seek. This workshop will help us to understand the importance of grieving our losses and how to care for ourselves as we do so.

F. Michael Montgomery, LCSW, MFT has been a therapist for more than 30 years. He worked for Home Hospice for 11 years and has conducted two national workshops on the subject of healing and growth. He has been the president of the Redwood Empire Chapter of the California Association of Marriage and Family Therapists. His work supports and challenges us to be alive and open to our healing and wholeness.

### **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](http://www.AngelaCenter.com) - 707.528.8578**