

Upcoming Events Winter 2019

- * In Castro Valley - January 17 and February 7 *free talks*
Faith Lutheran Church 20080 Redwood Road, Graydon Room 11-12:30pm
Jan. 17: **ANXIETY!!!! What can I do?**
Feb. 7: **DREAMS and the Hidden Power of Sleep**

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- * **STORIES, STORIES, STORIES AND ME ~ Understanding Personality through storytelling, myth, and poetry**

In this experiential class we will use the framework of the Enneagram which describes nine core personality types to explore with stories our gifts, challenges, and doorways to growth. Students will be guided to create and play with stories as we mine themes which both support us and hold us back. We'll have the opportunity to experience oral storytelling, short writings, as well as expression through art and color and acting out dramatically to playfully understand ourselves and others. No experience in anything necessary! ***Come re-write your own story.***

Recommended text for class: Midnight's All A Glimmer -- Poetry, Personality and the Power to See - An Anthology of Poems with an Introduction to the Enneagram by Dr. Van Zino **available through your local bookstore** or on Amazon.com

- * In Castro Valley - Jan. 22, 29, Feb. 5, 12 CV Adult School, 3-4:40pm
to register: www.cvadultregister.org or 510-886-1000
- * In Pleasant Hill - Feb. 20, 27, March 6, 13 JFK University through the DVC Emeritus College 1-3pm to register: www.dvc.edu/communityed or phone 925-969-4600