

Claire Maitre of Chrysalis Transitions and The Michigan Friends Center invite you to attend a Workshop series about the [r]evolutionary book:

ACTIVE HOPE:

How to face the mess we're in without going crazy

Active Hope Workshops, based on the acclaimed book by Joanna Macy and Chris Johnstone, serve as an important vehicle for personal transformation and community building..

Whether you are a veteran activist or someone who is just now waking up to the challenges facing humanity, the activity-based, experiential approach of Active Hope will add depth to your understanding, and provide direction for continued creative growth and positive change.

With Claire Maitre facilitating, participants connect, share, explore, and grow through these experiences over a series of sessions. As a longtime student of Joanna Macy and facilitator of "The Work that Reconnects," Claire also brings knowledge of group processes and their theoretical underpinnings that go well beyond the book.

After completing the series, Active Hope group members are invited to join Active Hope Alumni, a growing community that meets monthly in Ann Arbor for continued exploration, sharing, conviviality, and enjoyment.

"Don't just read the book. Experience it."

Workshop Options:

Three Day-long Saturdays, 9:30 a.m. - 4:00 p.m., May 10, 24 and June 7

Where: The Michigan Friends Center, 7748 Clark Lake Road, Chelsea, MI 48118
www.mfcenter.org

Cost: Donations of \$60-\$120/for the workshop series help pay expenses and support this offering. If money is an issue, please register and pay what you can.

Register: Contact the Michigan Friends Center at (734)475-1892, or email Carolyn manager@mfcenter.org

Space is available for 8-24 participants. Please plan to attend all sessions.

This is a repeating series. Ask about upcoming scheduled opportunities or to be put on the mailing list for future workshops TBA. www.chrysalistransitions.com

Testimonials:

"Claire's warm, clear and compassionate facilitation invite participation and hope that we can and do make a difference in our world, that all of us matter and that we do not have to, nor is it expected, that we do this work alone."

-- Gwynne Jennings

