



Princeton Family Center for Education

Invites you to a webcast on May 14, 2021

Stories from Real Life: Adapting to Change



Change is often uncomfortable. After adapting to the changes the pandemic brought to everyday life, the vaccine is bringing new changes to living each day. **How do you respond to change? What makes it difficult to adapt? How do you manage the discomfort, in you or in others, of change? How do your responses reflect the strengths and the vulnerabilities you learned from your family of origin?** Taking some time to THINK, whether in anticipation of a change or in the midst of it, can help to clarify a way through.

Princeton Family Center for Education is inviting you to a 90 minute webcast, **Stories From Real Life: Adapting to Change**, on Friday, May 14 from 10:30 AM to Noon. **Kathy Wiseman, Selden Dunbar Illick, and Candace Jones** describe some compelling circumstances that required thought, creativity, and action. Please join us in hearing some stories of individual efforts to be a little more thoughtful in the process of change. **These efforts, informed by the ideas of Bowen family systems theory, provided more choices for moving through real life circumstances a little more comfortably.**



When: Friday, May 14, 10:30 AM to Noon

Where: Zoom

How: Please register with Lee Gardner at leegardner@verizon.net. A Zoom invite will be issued the day before the event.

Cost: \$25.00 with payment by Venmo @Princeton-FamilyCenter, [PayPal](https://www.paypal.com), or by check to Princeton Family Center for Education, PO Box 331, Pennington, NJ 08534