



Spiritual Conversations: Forgiveness

What does it mean to forgive? How can forgiveness be helpful for our spiritual, emotional, and physical health? Recent research shows that forgiveness can reduce anger and depression, and enhance hopefulness and self-confidence.

This workshop on forgiveness is appropriate for anyone who wants to learn more about how to forgive, how forgiveness can enhance interpersonal relationships, and how forgiveness can lead to a better quality of life.

Led by The Rev Stuart Harrell, BCC, Associate Director, Clinical Pastoral Education, The Department of Pastoral Care, UNC Hospitals Hillsborough Campus.

For questions, call Yvette Missri, VC55+ Manager, at 919-245-4241. No Registration Necessary.

Fee: FREE

Seymour Center

Thursday, September 8, from 4 - 6 pm

Passmore Center

Thursday, September 15, from 4 - 6 pm