



## Navigating Troubled Waters

### Listening to the “other”

**PROGRAM:** “Good patriots carry on a lover’s quarrel with their country.” ---- William Sloan Coffin

Some of us feel like this: “I can’t talk to my friends, my neighbors, my family! The tension is too much!” At a time in which our country is painfully divided, these are the struggles many in our communities are experiencing. Yet, beneath the tension there is heartbreak. Across the board, we feel deeply about the values we want to see our country exhibit, but we realize we are more painfully divided on the substance of the “values” than we realized.

So, how do we navigate our emotions, our relationships, our conversations? The Center would like you to join us for three (3) monthly conversations centered around this question. Rooted in a belief that understanding begins with telling our story and listening to the story of the other we invite you to take seriously what it means to navigate troubled waters with steadiness and integrity. Please join us here at the Center for these three important monthly conversations.

**AUDIENCE:** Open to the public

**DATE/TIME:** April 25, May 16, June 13, 2019 / Thursdays 5:30 – 7 p.m.

**COST:** \$90 for the series. Refreshments provided.

**LOCATION:** Des Moines Pastoral Counseling Center / 8553 Urbandale Avenue / Urbandale, IA

**REGISTRATION:** Register online: [www.dmpcc.org/listen](http://www.dmpcc.org/listen) / Please register by April 18th

**CONTACT:** Amy Spangler-Dunning, by email: [aspanglerdunning@dmpcc.org](mailto:aspanglerdunning@dmpcc.org) or telephone: 515-274-4006, x165

**FACILITATORS:** Clinicians from the Center will facilitate the series, including:

- Amy Spangler-Dunning, M.Div., L.M.H.C., counselor, spiritual director
- Diane McClanahan, M.Div., B.S.N., Director of Leadership and Spiritual Life, spiritual director
- Douglas Aupperle, Ph.D., licensed psychologist
- Christine Dietz, Ph.D., L.I.S.W., Training Director, spiritual director
- Andrea Severson, M.Div., L.M.H.C., counselor, spiritual director