



# The Spiritual Journey of Aging

## a six-week class

**PROGRAM** Growing older can be a time for deepening spirituality and sharing our unique gifts with the community. In this group, we will explore the opportunities and challenges of becoming an elder, and share insights, tools, and practices for this stage of the journey.

**DATE/TIME** Tuesdays / April 21 – May 26, 2020 / 3 -4:30 p.m.

**COST** \$180 for six-week series, scholarships are available for current clients with financial need – please consult your counselor

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

**REGISTRATION** Contact Christine Dietz, tel: 515-274-4006, ext. 157, email: [cdietz@dmpcc.org](mailto:cdietz@dmpcc.org)

**PRESENTER** **Dr. Christine Dietz, Ph.D., L.I.S.W.**, is a Licensed Independent Social Worker, spiritual director, and Reiki Master. She received her M.S.W. from the University of Iowa and her Ph.D. in Sociology from the State University of New York at Buffalo. She is a graduate of the Lev Shornea Training Program for Spiritual Direction in the Jewish Tradition, and a D.Min. candidate in Jewish Spirituality. Christine's focus in counseling and spiritual guidance is on helping people reconnect to their innate wholeness and renew their sense of hope and possibility.



**CONTACT** For more information, contact Christine Dietz, tel: 515-274-4006, ext. 157 email: [cdietz@dmpcc.org](mailto:cdietz@dmpcc.org)