



The Virtues Project



FOR SENIORS

APPRECIATE ME: COMPASSION AND JOYFULNESS

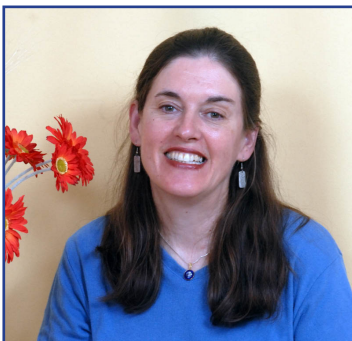
SUPPORTIVE FACILITATED DISCUSSION

Learn strategies to:

- **AGE Positively**
- **RECOGNIZE** and appreciate the strengths in you and others
- **SHARE** concerns and successes

“This afternoon was time very well spent. All of us would like to get together again and share... I thoroughly enjoyed it.... The roads of life can lead us to happiness.”

– PARTICIPANTS OF A SENIORS’ RESIDENCE



FACILITATOR

Ros Macdonald, MSW

Certified Virtues Project Facilitator
& Counsellor
for Individuals, Couples and Families

Rosmacdonald@charactereducationottawa.ca
www.charactereducationottawa.ca