

Sisterhood presents:
Living Your Best Life

Sharon Grand, Ph.D., BCN
Licensed Psychologist
President, Founder
Wavelengths Psychology

Dr. Sharon Grand opened her private practice in 2006 after over 10 years of work in mental health services in hospitals, agencies, schools, and outpatient settings. She is especially interested in working with women's issues throughout the lifespan, relationship issues, ADHD, parenting, and executive function disorders. Her programs have always been a wonderful experience and we are fortunate to have her work with us once again.

This presentation focuses on psychological techniques and tools for living the best life you can live. No matter our circumstances, changing old stories and beliefs can have a profound impact on our daily lives. Learn about 3 fundamental desires that significantly impact on our happiness, the use of radical acceptance in letting these desires go, practices that can help you define and achieve your personal vision, and experience the power of the present moment. This program will help manage the stresses we have in our daily lives.

When: March 13, 2023
7PM – 9PM Kiddush Lounge

RSVP by: March 1st

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