

It's Heavy Out There

Let's Talk

In a world that feels increasingly uncertain and overwhelming, it's more important than ever to come together in spaces where we feel seen, heard, and supported.

It's Heavy Out There, Let's Talk is an open invitation to gather, reflect, and share about how current world events are impacting us—directly or through the people we care about.

Whether you're feeling grief, anger, confusion, or just the weight of it all, you're not alone.

Let's talk. Let's listen. Let's hold each other up.

Tuesday, Oct. 14 • 5:30-7pm

Seymour Center, 2551 Homestead Rd, Chapel Hill, NC

FREE!



Heavy hors d'oeuvres will be served.
Register by Fri., Oct. 10 at 919-968-2070
Hosted by the Project EngAGE Mental Wellness Senior Resource Team.

