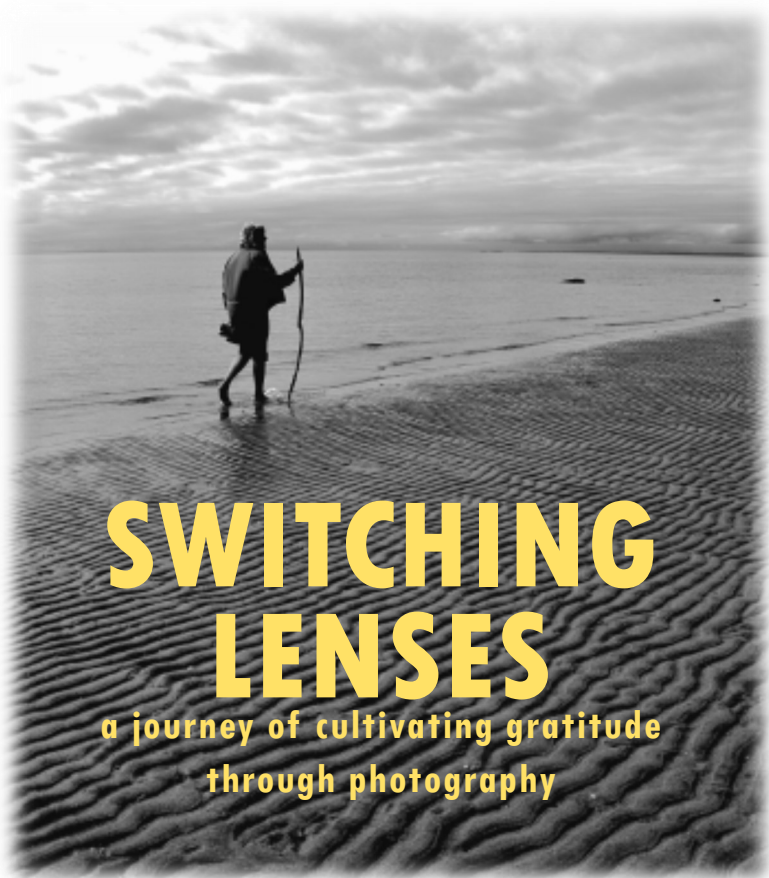


wellness...virtually...



SWITCHING LENSES

a journey of cultivating gratitude through photography

Monthly on Tuesdays
@ 7-8pm via Zoom
Sep 20, Oct 18, Nov 22 & Dec 20

Join facilitator Karen Glen for a journey that brings gratitude into focus while navigating the themes of loss and grief through combining the elements of compositional guidelines of photography.

Each month will offer opportunities for switching the lens in which we view the world. The journey includes discussion and reflection, and an opportunity to learn and apply photography techniques to encourage the creation of your very own visual gratitude practice.

Karen Glen is not a professional photographer, but she is someone who is passionate about creating images. She is not a counselor but someone who has discovered the power of gratitude during her own journey through grief. By switching her lens she learned to see the light even on the darkest days. Karen is a hospice volunteer and an end-of-life doula.

For information contact Nicki:
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If you are new to Hope House, contact Georgina:
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