



## Princeton Family Center for Education

Invites you to a webcast on October 21, 2022

### Stories from Real Life



Dr. Murray Bowen wrote, **“The person who acquires a little ability at becoming an observer, and at controlling some of his emotional reactivity acquires an ability that is useful for life in all kinds of emotional snarls.”** Dr. Bowen recognized that by telling the story of his own observations and the efforts he made to engage more thoughtfully in his family, work, and social relationships, the ideas of Bowen family systems theory became **“alive and real”** to others. Possibilities for managing life’s real life challenges became a little clearer.

Princeton Family Center for Education is inviting you to a 90 minute webcast, **Stories From Real Life**, on Friday, October 21, from 10:00 AM to 11:30 AM. **Selden Dunbar Illick, Sarah Trillin, and Lee Gardner** describe some compelling circumstances that required thought, creativity, and action. **Kathy Wiseman** will facilitate discussion. Please join us in hearing and thinking about some stories of individual efforts to be a little more thoughtful in the process of navigating real life. **These efforts, informed by the ideas of Bowen family systems theory, provided more choices for moving through real life circumstances a little more comfortably.** The hope is that these stories will help to make the theory **“alive and real”** for you too!



**When:** Friday, October 21, 10:00 AM to 11:30 AM

**Where:** Zoom

**How:** Please register with Tania McCleery at [angel40@aol.com](mailto:angel40@aol.com) . A Zoom invite will be issued the day before the event.

**Cost:** \$35.00 with payment by Venmo @Princeton-FamilyCenter, PayPal paypal.me/pfce , or by check to Princeton Family Center for Education, PO Box 331, Pennington, NJ 08534

<http://princetonfamilycenter.org/index.html>