



# Coffee and Conversations FY24

**WHO:** Family Life Chaplain Gerald Igboanusi

**WHAT:** C&C Peer Support Group Forum

**WHEN:** Each Wednesday at 1000

**WHERE:** SHAPE Family Life Center

**SUMMARY:** After a summer hiatus, Family Life Chaplain Gerald Igboanusi has restarted his very successful peer support group for women of the SHAPE/Benelux AO. On 13 SEP, 19 women and special guest speaker Ingrid Covington met for the first Coffee and Conversation of the new FY.

**PURPOSE:** LOE 1 – The Benelux RSO works inter-operably with the SHAPE International Community in order to provide quality care and help individuals make meaningful connections.



Ingrid Covington speaks to 19 attendees about How to Build Friendships as Adults. Topics for future discussions include “Why does it hurt when our heart is broken?” CH Igboanusi tries including international guest speakers as much as possible.

