

# **Adult Forum**

**Coping in  
Stressful Times**

**OCTOBER**  
Sundays 9:15 AM

- 1 – Music Therapy, Brianna Brophy MT-BC**
- 8 – Yoga, Rev. Gretchen van Utt**
- 15 – Pastoral Care, Deb Colmers**
- 22 – Poetry, Susan Johnston**
- 29 – Activism, City Councilman Zeke Cohen**

**Faith Presbyterian Church**