

Journal #8  
Arlene Forbes  
April 19, 2023

My eighth meeting held on April 19, 2023 with Gillian Taber, LCSW.

Everyone was present in the group as the previous week. Gillian Taber was back with the group and she checked in with everyone. The group members shared and following that - she ended the class. Prior to ending the class, she actually asked the class to share their hobby - it was a light moment - but it provoked the group to think.

Each person had a chance to speak. The class ended on schedule.