



## Facing Challenging Times

The Hope and Healing Center & Institute is Houston's frontline resource for accessing free mental health services and support. As part of HHCI, CARES (Caregiving • Aging • Resilience • Ethics • Spirituality) addresses the myriads of issues faced by all of us as we age. CARES provides healthcare ethics consultation, supportive services, education, and research on aging and ethics issues. All of our services are free of charge.

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- Barbara Brown Taylor, *Learning to Walk in the Dark*
- Tim P. VanDuivendyk, *The Unwanted Gift of Grief*
- Frederick Schmidt, *The Dave Test: A Raw Look at Real Faith in Hard Times*
- Elizabeth Harper Neeld, *Seven Choices: Finding Daylight after Loss Shatters Your World*
- Sheryl Sandberg and Adam Grant, *Option B: Facing Adversity, Building Resilience, and Finding Joy*
- Kate Bowler, *Everything Happens for a Reason and Other Lies I've Loved*