

Week 4 Recap

**Theme: Self-Identity
& Worthiness**

Bridging Generations

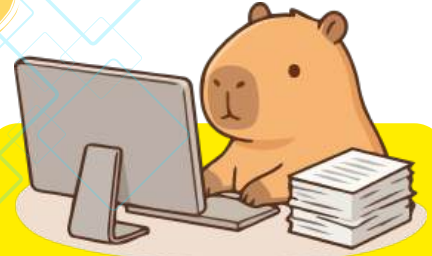
July 21, 2026



In Week Four of Bridging Generations, we explored self-identity, worthiness and what it means to live as our authentic selves. We reflected on whether there have been times when we felt we were living according to the expectations of others rather than following what felt true for us.

Ela spoke briefly about the theme, offering her personal insights and helping to open the conversation. We also gathered for a circle share, where each participant had an opportunity to speak about how they identify and what has shaped their sense of self.

It was a thoughtful and meaningful session that reminded us that our identities are shaped by many experiences, yet our worth is not something we must earn or prove. It already belongs to us.



Coming Up for Week 5

Tuesday, July 28th

**Theme: Contribution
(Work & Purpose)**

Our next session will take place on Tuesday, July 28, from 11:30 a.m. to 1:30 p.m. at the Coquitlam Aquatic Complex, Multipurpose Room 2, located at 1210 Pinetree Way (same place, same time).

We are delighted to hear from special contributing speakers Pushpa & others.

Our team looks forward to seeing everyone again on Tuesday and continuing our Bridging Generations journey together!

Warmly,
Melissa, Pak & Mabel

"Tell me,
what is it you plan to do
with your one
wild and precious life?"
— Mary Oliver

a suitable quote for week 5



CAPTURING SESSION FOUR



Photos by the talented Mabel Castillo



Talking about self-identity



Contributing speaker Ela



Sharing in groups



Welcoming new participants



Connecting



We picked out our worthiness journals



Sweet treats