

IN PERSON OLDER ADULT CO-ED GROUP

LEARNING TO THRIVE THROUGH CONNECTION

GROUP STARTING WEDNESDAYS ON APRIL 28ST
FOR 8 WEEKS| 12PM TO 1:30PM



Whether you may be having relationship challenges, being an empty-nester, experiencing loss, or feeling unsure of what the next phase of your life will be, this group will offer in person support amongst others experiencing similar challenges. Purpose and meaning is a lifelong journey that changes with every phase of life. We are social beings meant to connect with others, don't navigate it alone! Through this supportive environment, you will begin to explore why you are feeling the way you do and how to take steps to heal through ACT (Acceptance and Commitment Therapy).

Group will be lead by clinical therapist Michelle Grunkemeyer, trained and experienced in using ACT.

Cost: \$75 per group with an 8 week commitment
*limited financial assistance available

Contact:

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