



## ***Announcing A Therapy Group For Women 50 and Over***

An Ongoing Therapy Group

The transitions that occur for women 55 and over are many, such as:

- ◆ bodily changes,
- ◆ renegotiating relationships with adult children,
- ◆ welcoming grandchildren or coming to terms with having none,
- ◆ aging parents or loss of parents,
- ◆ shifting ideas about work or career, including thoughts of retirement,
- ◆ changing relationships with spouse, family, and friends.

Transitions like these can cause this time of life to be awash in possibility and anxiety, excitement and grief.

Come join this ongoing, weekly women's therapy group where you can share these life transitions with a safe and connected group of peers. You will receive support to deeply explore who you were, who you are, and who you are becoming. Grieve what you are leaving behind, and embrace the possibilities that are yours. With a group of caring others, you can weave your experiences into wisdom, and make your way into a rich and vital future.

***For more information or to schedule an initial interview, contact  
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789-6244  
[www.candycecounseling.com](http://www.candycecounseling.com)***

*Candyce Ossefort-Russell regularly works with women over 55 in her private practice. She specializes in life transition and grief issues. Her therapeutic perspective comes from the combination of intensive life experience and rigorous training. Her emotionally engaged style provides a safe and connected atmosphere for growth and healing.*

**Tuesdays at Lunchtime \* 11:15am – 12:35pm \* \$40 per session \* Group size limited to 7**