LIFE TRANSITION GROUP
FOR WOMEN 60 AND OVER

WHO: Women 60 and older experiencing life transitions such as retirement, coping with loss, divorce, loneliness and looking to increase connections to other women in the community.

WHAT: You will meet new people, share resources, plan activities, learn mindfulness relaxation techniques, and improve problem-solving skills.

MORNING GROUP
WHERE
VIRTUAL: Zoom
IN-PERSON:
Metropolitan Family Services
at Elmhurst City Hall
209 N York Rd., Elmhurst, IL 60126

WHEN
2nd & 4th Wednesday of each month
10:00 - 11:30 a.m.

TO REGISTER
Contact Angela Edger
EdgerA@metrofamily.org
(630) 294-0019

Funded in part by AgeGuide, United Way, the City of Elmhurst, and the City of Naperville.

AFTERNOON GROUP
WHERE
VIRTUAL: Zoom
IN-PERSON:
Metropolitan Family Services
DuPage Center
222 E. Willow Ave., Wheaton, IL 60187

WHEN
1st & 3rd Tuesday of each month
1:00 - 2:30 p.m.

TO REGISTER
Contact Kathleen Drouin
DrouinK@metrofamily.org
(630) 784-4876