



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

AFTERNOON GROUP

WHERE

VIRTUAL: Zoom

IN-PERSON:

Metropolitan Family Services
DuPage Center

222 E. Willow Ave., Wheaton, IL 60187

Women from all locations are welcome to join our Zoom Support Groups.

WHEN

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

WHEN

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

TO REGISTER

Contact **Angela Edger**

EdgerA@metrofamily.org
(630) 294-0019

TO REGISTER

Contact **Kathleen Drouin**

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(630) 784-4876

