

Transitions Group

For Men and Women 50 to 65 Years Old

Thursdays, 1:00 – 2:30 pm

Reached a crossroads in your life?

We invite you to join this group in Santa Monica to share your thoughts and feelings as you face a new chapter in your life.

- Build on your strengths
- Explore new opportunities
- Brain-storm with others
- Create better relationships

This group is facilitated by trained and experienced peer counselors in a confidential setting. Sliding scale fee available.

This is NOT a drop-in group.

**For more information and registration,
please call (310) 394-9871, ext. 373**

For further information on other WISE & Healthy Aging services,
please call Information & Referral at (310) 394-9871, ext. 464.