

The Family Therapy Institute Presents a New Group:

Women In Transition

Beginning Tuesday, January 24 from 6:30 – 8:30 for 10-12 weeks



**Are you searching for your next step forward in the
New Year?**

Or are you wondering where your purpose lies now that the kids are gone?

**Would you like the next half of your life to be something you excitedly anticipate
rather than dread? Then this may be the group for you...**

*The purpose of this group will be to **EMPOWER** you to act to make the coming years of your life more meaningful. Exciting research & reading suggestions will be included each week. Specific topics will include:*

- 1) Using a mindful approach on the road to identifying a renewed purpose.*
- 2) Aging well - how do we do this for ourselves?*
- 3) Depression & anxiety – normal, hormonal and motivational.*
- 4) Forging relationships with our adult children.*
- 5) Communicating our changing landscapes to spouses & partners.*
- 6) Exploring the roadblocks to our dreams then moving them out of our way.*
- 7) Sharing spiritual components of our journeys.*

The focus for this small 10-12 week women's group will be to provide a supportive, confidential space for women in mid-life, to discuss adapting to changes in their lives; leaving old, outgrown territories behind to explore our need for "generativity", i.e. our contributions to society and our families as we age.

For more information please call Katie Karas, LMFT facilitator, 882-2424, ext 306.