

WOMEN IN TRANSITION SUPPORT GROUP

RETIREMENT RETIREMENT OF A SPOUSE MENOPAUSE

ADULT CHILDREN LEAVING HOME REJOINING THE WORKFORCE

CARING FOR ELDERLY PARENTS DEATH OF LOVED ONES

Women juggle many roles over the course of their lives and navigating new transitions can feel unfamiliar or disorienting. These may be milestone events or simply reaching a stage when you have more time just for yourself. Mid-life and beyond can be a wonderful time for women to reconnect with self, become involved in new interests and to deepen bonds with loved ones in a different kind of way. Having the support of other women can help.

WHAT: A weekly therapy group for women 50+ to share and support one another, problem-solve and feel a sense of connection with each other. Nurturing others typically comes easier than learning to nurture oneself and while we may welcome the liberation from raising children, retiring, returning to work or entering a new phase in life, we may also experience intense feelings of loss and grief at these junctures.

WHERE: Conveniently located in the Eastlake neighborhood of Seattle with plenty of on street parking.

Eliza S. Dietrichson, MSW, LICSW

THE AREIS BUILDING

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206-474-8330

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WHEN: Weekly beginning in August 2016 (exact date and time TBD). 75 minutes, cost \$60/session.

REQUIREMENTS: Initial individual assessment and screening appointment, fee: \$135. Fee billable to insurance if I am a preferred provider or may be reimbursable using out-of-network benefits. Typically insurance does not pay for group treatment. I am not a Medicare Provider. Initial 6 week commitment, pay monthly in advance.

Please call to discuss this further and we can arrange an appointment.

You can learn more about me on my website: www.elizadietrichson.com