

Positive Aging Group

*“Navigating through life's changes”
Meeting first and third Friday each month
10:45am- Noon*



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s we age, we may find we are repeatedly navigating through many life changes and losses: including loss of spouses, family and friends and roles in our lives. We may be challenged by chronic illness or contemplating a move and find we are overwhelmed by decisions. In this group, we will focus on positive ways to cope with change in order to reduce anxiety and stress. Through sharing with each other, we hope to increase our happiness and enrich our lives as we shift our focus to our strengths and living in the moment.

Please join us for this drop in group at Torigian Senior Center on the first and third Fridays of the month from 10:45 am- Noon. Facilitated by Patrice DePasquale, LICW: a clinical social worker with over 20 years' experience in the field improving lives of older adults.

*October 5th
October 19th
November 2nd
November 16th
December 7th
December 21st*

*Please call the Peabody Council on Aging to register with reception
(978) 531-2254*