



Flying Solo Support Group 2022

For women who are a year or more beyond the death of their partner, who feel they are ready to focus on adapting to both challenges and opportunities in their new lives.

- **This group is scheduled to start on Monday, October 3rd and will meet from 3:30 - 5:00 in person, in our office in White Plains.**
- **The dates of our group are Oct. 3, 10, 17, 24, 31, Nov. 7, 14, 21, 28, Dec. 5, and 12th.**
- **Although there is no fee for the group, a donation of \$10 per session is requested if possible. Our bereavement program is funded solely by donations.**
- **An intake interview is a prerequisite for participation.**

For more information about our Flying Solo Support Group please contact:

Kim Gordon, LMHC, CT

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