



## Flying Solo Support Group

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

The next Flying Solo Group will be starting on Tuesday, June 27<sup>th</sup> from 3:00 - 4:30. Dates of the group will be June 27, July 11, 18, 25, August 1, 8, 15, 22, 29 and September 12, and 19<sup>th</sup>.

- Pre-registration and an intake interview are required for participation.
- Although there is no charge for the group, we encourage a donation of \$10 per session if possible.
- Groups are held in person in our office in White Plains.

For questions or to register, please contact:

Kim Gordon, LMHC, FT

Bereavement Coordinator

(914) 682-1484 (ext.163)

(914) 523-4924 (cell phone)

1025 Westchester Avenue, Suite 200, White Plains, N.Y. 10604