



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 both challenges and opportunities in their new lives.

The next Flying Solo Group will start in Spring 2024.

- 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.

Please call to put your name on the list if interested.

Please contact:

Evelyn Varga

(914) 682-1484 (ext.143)