



## 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, January 13 from 3:00 - 4:30 pm. Dates of the group will be January 13, 20, 27, February 3, 10 ... March 3, 10, 17, 24 and 31.

- This group is held in-person for 10 consecutive weeks on Tuesdays from 3:00 - 4:30.
- 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 and facilitated by a licensed professional.

For more information about our Flying Solo Group

or to pre-register please contact:

Evelyn Varga

(914) 682-1484 (ext.143)

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