



## Flying Solo Support Group Fall 2026

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 Monday, October 19<sup>th</sup> from 1:00 - 2:30 pm. Dates of the group will be October 19, 26, November 2, 9, 16, 23, 30 and December 7<sup>th</sup> and 14<sup>th</sup>.

- This group is held in-person for 9 consecutive weeks on Mondays from 1:00 - 2:30.
- 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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