



Musings on the Empty Nest

September can be a time of excitement, fresh beginnings and new experiences. For some, it can be exhilarating as young adults venture off to college and new adventures. Others may be feeling a bit unsettled as they gear up to launch their young adults into the world. Please join for an evening of conversation and reflection about this parental change which is a rite of passage for both the parent and the family. We will explore ways to ease the transition, make sense of the empty nest syndrome and discover creative ways to reinvest in yourself, your family and your dreams.

Join Sheila Russo, LCSW, Certified Grief Counselor, for an evening of discussion and meet others who share your newest parental challenge. This is a great way to spend an evening with others, share ideas and gain a new perspective. Let this be something that you do...just for you.

September 29th | 7-8:30pm | via Zoom

Kindly RSVP to Stephanie Shaughnessy
at sshaughnessy@visitingnurse.net by September 28th.
A Zoom link will be provided upon registration.

Visiting Nurse & Hospice of Fairfield County
a member of Waveny LifeCare Network