



Ruth & Norman Rales
Jewish Family Services
Help. Hope. Humanity.

COUNSELING & MENTAL HEALTH SERVICES

GROUP THERAPY FOR SENIORS

Facilitated by licensed clinicians



- *Connect online with a professional for group therapy*
- *Explore mental exercises to improve brain health*
- *Learn how to reduce anxiety and negative thoughts*
- *Discover ways to effectively transition through life's stages*

JOIN US:

Thursdays, 1:30 pm – 2:30 pm

Most insurances accepted.
Space is limited.

♦ ♦ ♦

For more information or to reserve your space,
call 561.852.3333 or email info@ralesjfs.org.

A link to the group will be provided upon registration.