



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.

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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.