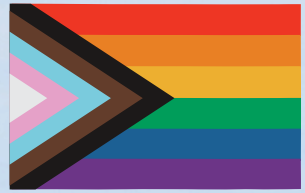
LGBTQ+ Older Adults
Life Changes Support Group



This is a 6 Session group Wednesdays
2:30-4:00 PM Sept. 18 & 25 & October 2,9,16 and 23
Led by Diane McCarthy

As we age we experience an increasing number of life changes. Career transitions, retirement, downsizing and moving, children leaving home and moving away, loss of loved ones and mental and physical health challenges, both our own and our loved ones.

We will learn to make changes less painful and know that some changes are necessary for us to adapt and grow.
There is no charge for this group but registration is required
Call or text 508-534-8665 or email yarmouthlgbtqseniors@gmail.com
Groups will be held at the Yarmouth Senior Center
528 Forest Road West Yarmouth 02673