



## TTN TRANSITION PEER GROUPS

Transition peer groups differ from our social interest groups in an important way. Transition peer groups are organized by chapter leadership when there are enough women interested in coming together and **making a commitment to a group**.

Transition peer groups **meet regularly and are more structured** than a special interest group.

During these meetings, members discuss a pre-selected topic, sharing their personal perspectives and listening as others articulate their own views.

**Topics** range from dealing with career transitions, to changing family relationships to the benefits of aging.

**Confidentiality is a critical element** in the success of a transition peer group. Members are encouraged to **speak freely and listen with an open mind**. Although participants can provide support to a member confronting a crisis,

Transition Peer Groups are not "therapy groups" and cannot substitute for professional help.

# The Transition Network

*Embracing Change  
after 50*

Dear Santa Fe TTN Members & Friends,



## TRANSITION PEER GROUP KICK-OFF

Date To Be Determined

Montezuma Lodge  
431 Paseo de Peralta

### What is a Transition Peer Group?

A Transition Peer Group consists of a small group of women (usually 8-12) who join together in each other's homes once or twice a month, discussing topics of mutual interest and relevance to their current lives.

Peer groups provide opportunities for connection, new friendships and mutual support in a safe, respectful environment as women navigate their individual life transitions.

Although participants can provide some support to a member confronting a crisis, transition peer groups are not "therapy groups" and cannot substitute for professional help.

### What do I need to know?

At this two-hour meeting, TTN members will be introduced to the Transition Peer Group guidelines and will form new Transition Peer Groups at the meeting. **Please bring your calendars in order to schedule your group's ongoing meeting time.**

To be in a Transition Peer Group requires commitment. There is a trial period. You are expected to attend 2 meetings a month for 2 months. At the end of that period, if you would like to leave the group for any reason, you can. If the group works for you after the trial period, there will be 4 more months of group meetings for a total of a 6 month commitment. After that, the group decides if it wants to continue and for how long.

### Who can participate?

Any current TTN members—this is a TTN Member Benefit. **Non-members are invited to attend this Kick Off meeting, but must become members to continue with the Transition Peer Group.**

**If you are not yet a member**, follow the instructions for joining by going to [www.thetransitionnetwork.org/join](http://www.thetransitionnetwork.org/join)

**If your membership has already lapsed**, you'll be automatically prompted to renew.

If you have any questions or need a reminder of your username or password, contact [info@thetransitionnetwork.org](mailto:info@thetransitionnetwork.org) or call 347-735-6035. Scholarship support is available, if necessary.

### What do I need to do?

**Email [Jean@JeanPalmer.com](mailto:Jean@JeanPalmer.com) if you are interested in being in a Transition Peer Group. You may also email her if you have questions.**

**The Transition Peer Group Advisory Committee,**

Lisa Foster  
Rachel Greenstein  
Jean Palmer  
Barbara Schroder