

# ***GROUP THERAPY FOR WOMEN OVER 60***

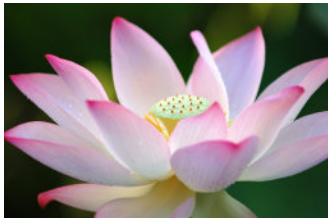
## **Short Term Time-Limited 8 Session Group**

Starts Wednesday January 28, 2026 10 AM - 11 AM ON ZOOM

Meets Weekly: 1/28, 2/4, 2/11, 2/18, 2/25, 3/4, 3/11, 3/18

Fee: Covered by insurance, out of pocket \$65/session.

Women in this age cohort have specific challenges and can benefit tremendously from the support, structure and format of a therapy group. From unresolved past relationships and trauma which affects one's self-esteem; changes in current relationships; empty nest; grief and loss; issues and uncertainties about aging and retirement; and the need to develop more functional ways of relating, group offers women a safe space to share openly, and explore and expand in wonderful life affirming ways.



This time-limited interactive group offers members the opportunity to begin to explore relationship with self and other. The beginning process can foster new awarenesses, provide healing of emotional wounds and increase authentic communication skills in and outside of group.

***Ricki L Geiger, LCSW, CGP***

***919-265-9002***