

Transitions for Women



A discussion and growth group for women between 35 and 65 years of age who are experiencing change in physical, emotional, or relational aspects of life.

The change will be personal for each group member. Changes may include issues related to empty nest, relocation, employment, illness, death of a loved one, or divorce.

Possible discussion topics include loss, mourning, identity, internal & external supports, and personal growth through the transition process.



Dates: Wednesdays January 5th - February 23rd for one hour per week.

Time: To be determined. Please provide your preference ASAP

Cost: \$80/month due the first meeting of each month

Commitment: Two months, group re-evaluation at the end of the second month

Location: Counseling Associates' New London office:
35 Newport Rd, New London, NH 03257

Contact Michelle Wright at Counseling Associates with questions or to schedule a thirty minute individual introduction to the group experience.

Phone: (603) 526-4230

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