



Details

18 yrs.+

Free for Danville residents.

6 sessions free for all others. \$40 a session thereafter.

Sliding scale financial assistance available

Email Reed @
ReedG@discoveryctr.net
or phone 925 403 1312



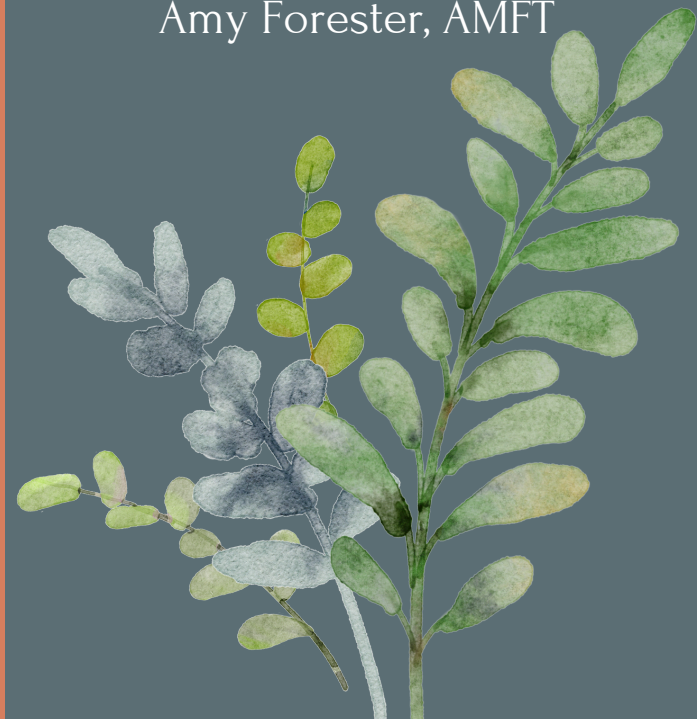
Senior Group



Tuesdays 12pm-1:15pm

Discovery Counseling
Center

115A Town and Country Dr
Danville, CA

Facilitated by:
Reed Goertler, AMFT
and
Amy Forester, AMFT





A supportive group environment
for seniors to feel more
connected by helping them gain
new ideas on how to cope with
challenges commonly faced by
seniors including issues of
physical and mental health,
coping with grief and loss,
loneliness, stress, and life
transitions.

The goals of this group are to
create connection, gain insight on
common issues, and build
resilience and a sense of
community.